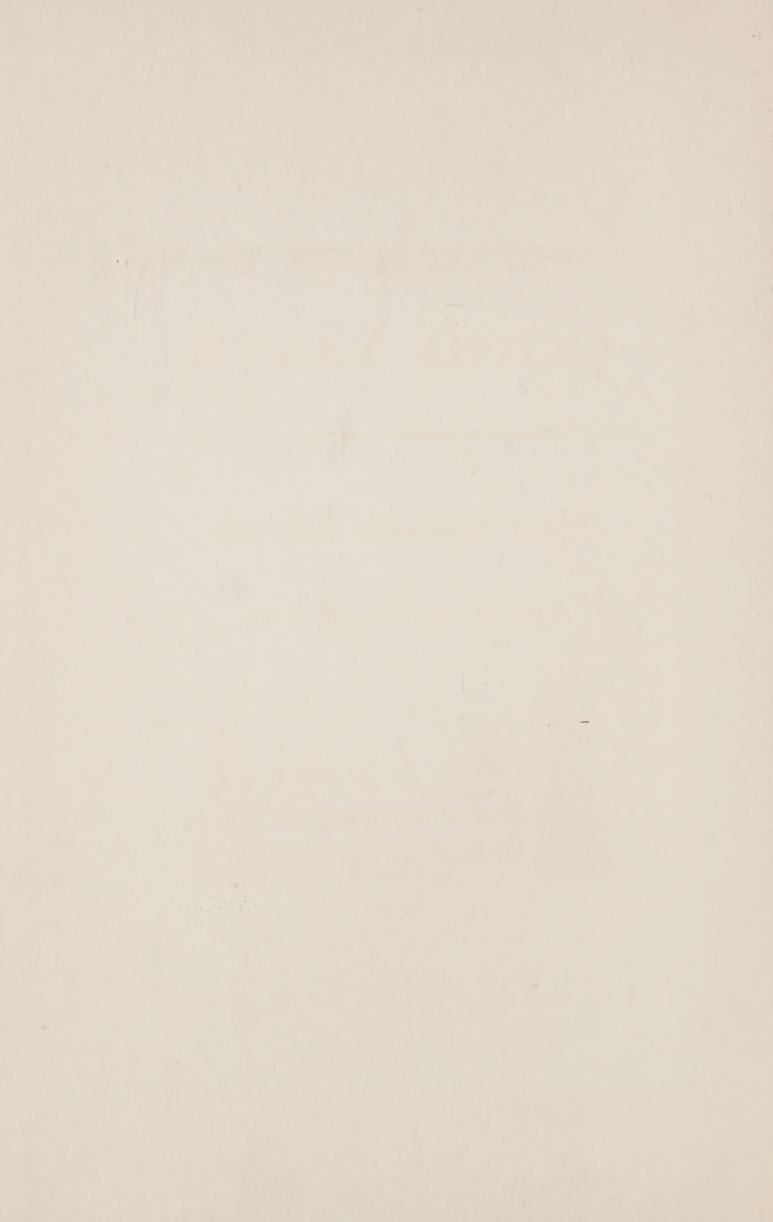


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A LADY OF GOOD TASTE



A LADY OF GOOD TASTE

Mary Reynolds Babcock

HER RECIPE NOTES

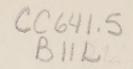


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DEDICATION

To Katharine, Charles, Barbara and Betsy:

We all love Mother. We all appreciate and shall never forget her many, many endearing qualities; her devotion to and her self-sacrifice for all of us; her teachings of personal integrity and respect for our own belongings and those of others; her teaching of good manners with emphasis on their importance; her gracious temperament and poise; her thoroughness in study and her instinct for perfection in every kind of work; her warm manner, her exquisite taste, her sensitivity to all things delicate and beautiful; her keen appreciation of the arts, both fine and applied; her gift of creative craftsmanship which enabled her to achieve originality with her own hands; her delightful sense of humor and her fun-loving nature.

These admirable traits and many more, are your heritage. You are fortunate to follow "In Her Steps"; and the years ahead will deepen that sense of good fortune.

Mother's 'teen-age diary lists twelve childhood ambitions, all of them achieved in her short lifetime. But the twelfth one listed—an unusual one for a child—was not to be fulfilled until World War II: "To cook delicate foods." I doubt if any of you have that ambition today. But all of you will be keeping house sooner or later, and you will discover that houses don't keep or run all by themselves. Whether you realize it or not, Reynolda and Greenwich had a master spirit behind the scenes: that was Mother. True, we've been fortunate in having competent and loyal servants, but there again Mother was always the reason why. Housekeeping, like cooking, is an art; and Mother is an artist.

This book is composed of material taken from Mother's innumerable files on the subject. It has been compiled by Stella Standard, eminent New York authority on cookery. To her I give my warmest

thanks for her help in selecting and arranging the material into practical form for household use.

Some day when Reynolda doesn't operate any more you may long for some "citron tarts like Marjorie used to make," or for that celery prepared by John Carter, or for that "spinach salad like Mother used to make." Then when you turn to this book, 'teen-age Mary Reynolds' twelfth ambition will come alive again, to be re-achieved by you. Even in that modest endeavor you will realize that your perfect Mother, and my Lady of perfect taste, lives.

Love,

your father

Ormond Beach, Florida 30 March 1954





PREFACE

HAVE just had a most interesting experience in going through the notes of a very unusual woman, one who must have been a gracious hostess and a very busy person. Mrs. Babcock's records of her tastes and day-to-day thoughts never lost for a moment the interest in and welfare of her family. Never, in planning outdoor picnics, barbecues, or weekends in the country did she forget the children. Not only did she not forget them; she was constantly looking out for their tastes in food and amusement. "If it rains we will have candy-making for the children," or a like hint, occurs frequently, while weekend shopping and grocery lists are fully written down.

I am often dismayed at the food expert's neglect of the nutritional values of foods, to the disadvantage of taste and health. I say disadvantage of taste because uninjured flours and brown rice have more taste and flavor than white flour and white rice. That this was well understood by Mrs. Babcock, the amateur, appears in her book of menus, wines, and food-value charts. One of the latter shows which foods contained which minerals; and one page, headed "Some of the things we are doing," contains all sorts of cooking hints to preserve flavors and nutritional values of foods. Her first thought and her constant wish was to keep her children healthy and strong and to give her husband the dishes he liked. Such a spirit cannot fail to dwell with the loved ones who miss her now but will miss her even more as they mellow with age and wisdom and can understand how rare and choice a person she was.

I never met Mrs. Babcock; but I would not have missed this experience of studying her notes, for through them I feel I have come to know a fine and generous spirit.

STELLA STANDARD

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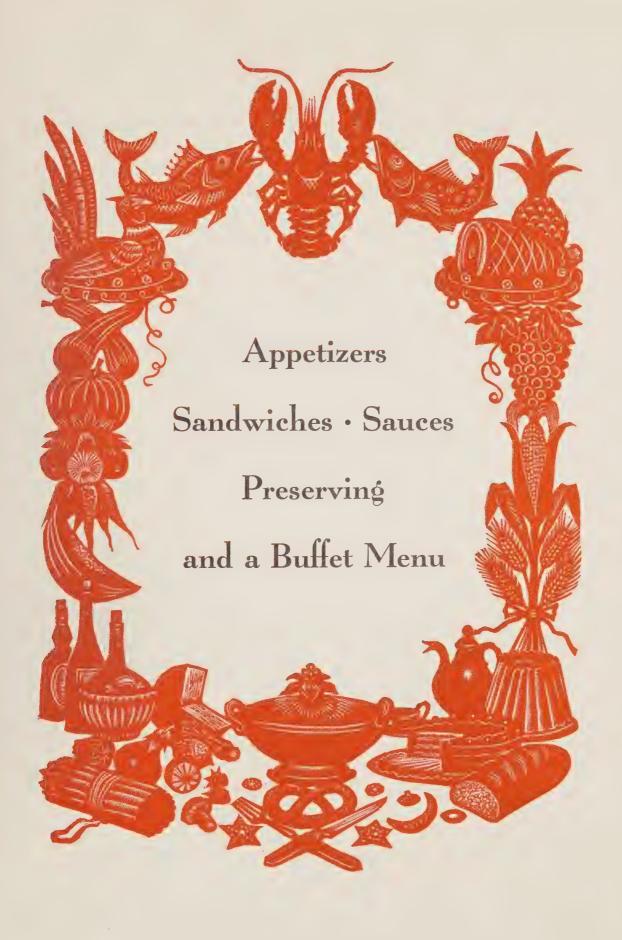
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APPETIZERS SANDWICHES - SAUCES PRESERVING AND A BUFFET MENU



Hollandaise Sauce

1/2 cup butter 3 egg yolks

1 tablespoon lemon juice

salt and pepper 3 or 4 tablespoons hot water

Divide the butter in three parts and put one part in the top of the double boiler over boiling water. Beat the egg yolks until thick, add the lemon juice and add it to the butter. Stir and when it begins to thicken add the second part of butter. When that is melted add the third part and stir until smooth. Season with salt and pepper and add the hot water. Cook an instant longer, stirring continuously. This sauce is to be served over fish, asparagus, broccoli, etc.

Cranberry Sauce

2 pounds cranberries

2 cups sugar

1 cup water

Cook the cleaned cranberries in a heavy covered pot with the water until they are soft, then mash through a sieve. Add the sugar and boil the sauce until it is very thick. Pour into a greased mold and chill.

Scandinavian Paste

DIP FOR ICED RAW VEGETABLES

1/2 pound cream cheese 3 tablespoons lime juice 2 tins French sardines 1 teaspoon salt

1/2 cup chopped parsley
sweet or sour cream

3 tablespoons minced chives

Mix the cheese with the lime juice until it is blended. Mash the sardines in their own oil. Combine all the ingredients into a fluffy paste. More lime juice may be added to taste. If the cheese is not creamy blend in sweet or sour cream.

Preparing Celery

Buy select celery. Remove outside stalks. Trim leaves. Pull each stalk back under running water. Clean well of all spots of any kind. Put celery into bowl of ice water with chopped ice. Prepare about 3 or 4 hours before serving.

About ten minutes before serving remove from ice and place in celery dish. The celery will stay crisp for about an hour.

J. C. (John Carter)

Sauce for Tongue

4 slices bacon 3/4 cup heavy cream pinch salt

2 egg yolks
3/4 teaspoon dry mustard
dash pepper
1 teaspoon cider vinegar

Cut the bacon in tiny squares and fry until crisp. Pour off most of the grease and add the cream. Heat very slowly. Meanwhile beat the eggs in a bowl with the mustard, salt, pepper and vinegar. Stir this into the hot cream and cook slowly until it thickens, stirring continuously. Serve at once.

Port Wine Sauce

(FOR GAME OR MUTTON)

1 glass currant jelly juice of 1 lemon

4 ounces Port wine

Melt and cook the jelly 10 minutes in the top of the double boiler. Add the lemon juice and wine, bring to a boil over the flame, return to the boiler and cook 2 minutes. Pour into a serving boat, cool in the refrigerator and serve just as it thickens.

Pickled Carrots

1 pound young carrots
 2 bay leaves
 6 peppercorns
 1½ cups white vinegar
 1½ teaspoons salt
 1 teaspoon whole cloves
 dash of tabasco

2 sticks cinnamon

Select young small carrots which do not have to be scraped or peeled. Boil in salted water until tender and then drain. Make a syrup of the sugar, vinegar, the whole spices which have been tied in a cheesecloth bag, the salt and tabasco. Simmer for 15 minutes. Put the carrots in a bowl or crock and pour the syrup over them, removing the bag. Cover tight and let them stand in the refrigerator for 24 hours to pickle.

M. C. (Marjorie Carter)

Apple Butter

8 pounds apples
2 cups water
5 cinnamon
1½ teaspoons ground clove
1 teaspoon ground allspice

Wash and quarter the apples but do not peel them. Add the water to cover and let them simmer slowly until tender and soft. Mash them through a sieve. To 10 cups of pulp add 5½ cups of sugar and the spices. Mix well, partly cover and simmer gently about an hour or until thick, stirring frequently. Seal in sterilized jars. This makes 5 pints.

(M. C.)

Ketchup

1 28-ounce can tomato puree
1/2 cup vinegar
1 tablespoon ketchup spices

1/4 cup brown sugar
1 tablespoon onion salt or fresh onion juice
1 teaspoon salt

Bring slowly to a boil and boil for 5 minutes, stirring occasionally. Makes 1 quart.

Bar-le-Duc

(CURRANT JELLY)

large currants, red or white water sugar

Wash, stem and drain the currants. To every 4 cups of fruit use 3 cups of sugar and 1 cup of water. Dissolve the sugar in the water and cook to a syrup (238 degrees) until it reaches the soft ball stage. Add the currants to the syrup, bring gently to a boil and cook 1 minute. Pour the mixture into small sterilized jars. If the berries tend to rise to the top of the glass push them down with the handle of a wooden spoon before the jelly sets. Pour melted paraffin over the top, cover and store in a cool, dry, dark place. This jelly is often served with cheese.

Camembert Spread

soft Camembert paprika dash A1 Sauce cream

Scrape the soft part of a Camembert out of the rind. Mix the cheese with paprika, a dash of A1 sauce and enough cheese to make a creamy spread. Chill it in the refrigerator and serve in a small glass dish preferably with a lid, surrounded on a tray with water biscuits.

Hors d'Oeuvre Suggestions

Whole cooked beets, scooped out, filled with cream cheese, chilled and sliced.

Garlic toast and croutons: Fry minced garlic in butter or olive oil a couple of minutes, very gently. Dip small slices of bread in this and heat in the oven at 250 degrees for 30 minutes. Sprinkle with grated cheese just before serving. Croutons may be dipped in the oil and garlic for salads and soups. Inch cubes for salad and tiny for soup. For garlic bread, cut French or Italian bread in slices just to the bottom crust but not through. Spread garlic oil or butter on each slice and heat in the oven and serve piping hot with soup or salad. The bread may be sprinkled with cheese a few minutes before removing from the oven.

Broiled seasoned chicken livers served on toothpicks make a fine canapé.

Broiled bacon-wrapped olives and mushrooms served on toothpicks.

Simple Buffet Supper Menu

platter of crisp raw vegetables:

horseradish dip for vegetables:

cauliflowerets
carrot curls
spring onions
cucumber sticks
radishes
celery sticks
green olives

1 cup mayonnaise

1/2 cup sweet or sour cream

1 tablespoon vinegar

4 tablespoons pickled

horseradish

freshly ground pepper

paprika to dust the top

(mix well and serve in a bowl)

Salted nuts

Swedish Meat Balls

Boiled Potatoes

Strawberry Tarts

Coffee

Swedish Meat Balls

pound round steak, ground
 cup rye bread crumbs
 cup cream
 and pepper
 tablespoons butter
 tablespoons olive oil

sauce: 1 cup sour cream
1/2 cup dry white wine

garnish: sliced boiled potatoes caraway seeds

Mix the meat, crumbs, cream and salt and pepper (to taste) together and form into balls the size of a large marble and roll in flour. Brown them quickly in the hot butter and olive oil and when they are done stir in the sour cream and wine. Stir until blended but do not let it boil, just become very hot. Empty into a hot serving dish, heaping the balls in the center. Surround with hot sliced boiled potatoes sprinkled with a few caraway seeds.

Liver Pâté for Canapés or Sandwiches

½ pound chicken livers
½ tablespoons butter
½ pound fine liver sausage
1 cup heavy cream or sour cream
3 oz. package of cream cheese

½ teaspoon curry powder
1 teaspoon paprika
1 tablespoon Worcestershire sauce
salt and pepper

Sauté the livers in the butter until just done then mash through a sieve. Skin the liver sausage and mash it smooth with the cream. Mix all the ingredients together well. Keep well covered in the refrigerator until used. The pâté may be used to stuff celery stalks, or used in sandwiches or spread on little rounds of rye bread toast.

Ham and Cottage Cheese Rolls

ham, sliced paper-thin sieved cottage cheese

minced chives watercress

Make the cheese into a smooth paste adding a little sour cream if necessary. To every cup of cheese mix in lightly 1/4 cup of minced chives. Put some of this on each slice of ham, roll, fasten with a toothpick and stick a small sprig of watercress in one end of each roll.

Seasoned Shrimps

2 pounds fresh shrimp

1 medium size onion, sliced

1 bud garlic

1/2 teaspoon celery seed

8 bayleaves

2 tablespoons vinegar

1 teaspoon salt

garnish: seafood sauce and lemon wedges

Combine shrimps, seasonings and cold water to cover and boil gently until shrimps are light pink. Let cool in the broth then peel and de-vein. Refrigerate until quite cold. These may be served with cocktails or used in other dishes.

(M. C.)

Carrot Sandwich

4 carrots, grated mayonnaise

salt and pepper cream

Mix the carrots with mayonnaise, salt, pepper and a little cream. This filling is to be spread on bread.

(M. C.)

Cheese Roll Sandwiches

1 pound grated cheese cream to make a paste salt and pepper fresh bread, sliced thin mayonnaise

Blend the cheese with cream and season with salt and pepper. Spread the bread with mayonnaise then the cheese paste. Roll and toast in a moderate oven and serve immediately.

(M. C.)

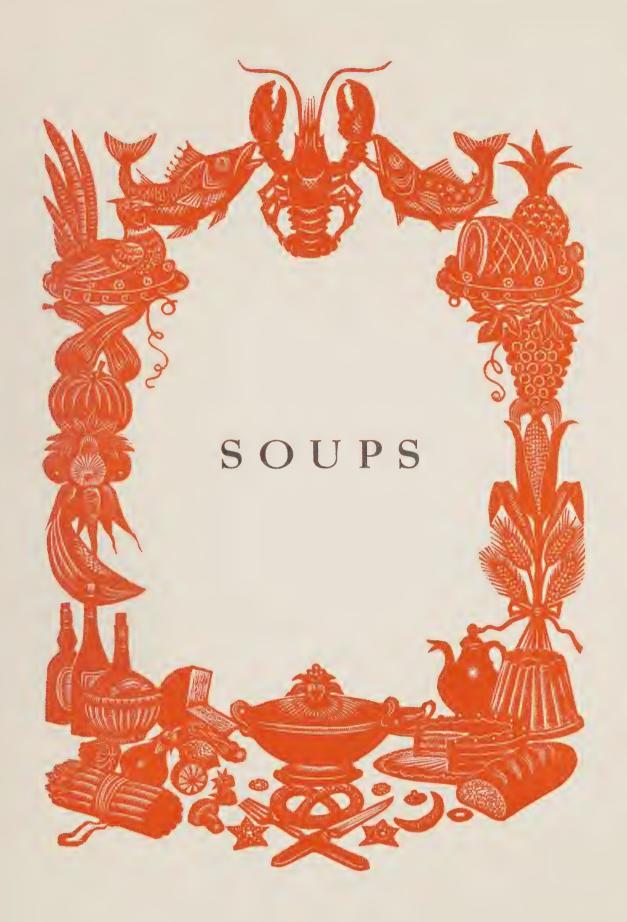
Chicken Sandwich

1 chicken6 hard boiled eggs

salt and pepper 1 teaspoon curry powder mayonnaise

Disjoint a chicken and just cover with water. Add a sliced onion and a sliced carrot and boil very gently until the chicken is tender. Let it cool then remove the chicken, picking all the meat from the bones. Discard the skin. Grind the meat with the 6 eggs and season highly. Grease a bread pan and mix the ground mixture with strained broth, pour in the pan and let chill and set. Slice and put between slices of bread which have been spread with mayonnaise.

(M. C.)



SOUPS



Easy Vichyssoise

4 large potatoes, sliced
1 large onion, sliced
6 or 8 leeks, chopped
salt and pepper
2 tablespoons butter
2 cups water
few sprigs parsley or sorrel

2 cups chicken broth 1 cup heavy cream chopped chives

Boil all the ingredients in the left column to a mush, then mash through a sieve or ricer, then through a fine sieve. Add the chicken broth which is strained and the heavy cream. Chill. After the soup is in the bowls or plates sprinkle chopped chives over the top.

Sorrel Soup

(WITH POTATO)

4 medium size potatoes

1 cup sorrel, chopped

1 bunch scallions

1 cup heavy cream

3 cups chicken stock

salt and pepper

1 teaspoon lemon juice

Boil the peeled, thinly sliced potatoes with the minced scallions with 1 cup of water to a mush. Add the stock, lemon juice and sorrel and boil 2 or 3 minutes. Put through a sieve. Add the cream, season to taste and chill in the refrigerator. Garnish the top of each soup plate with chopped chives.

Sorrel Soup

(WITH BÉCHAMEL SAUCE)

1/2 pound sorrel
1 large head lettuce
2 ounces butter
3 cups chicken stock
1 cup Béchamel sauce

4 sprigs tarragon
1 sprig chervil
1/2 cup cream, scalded
4 egg yolks, beaten
salt and pepper and grated
nutmeg

Wash the sorrel and lettuce and shred them fine. Put the greens in a sauce pan with the butter and cook and stir for 3 minutes. Add the stock and simmer 30 minutes then mash through a sieve. Add the herbs, season with salt and pepper and cook with the Béchamel sauce 2 minutes more. Boil up the cream and mix it with the beaten egg yolks. Add this to the soup and heat well but do not boil again.

Béchamel Sauce for Sorrel Soup

10 peppercorns
1 blade mace
1/4 teaspoon nutmeg
dash cayenne pepper
1/2 teaspoon salt

Melt the butter and blend in the flour. Cook it over a slow fire until it is pale yellow. Meanwhile boil up the liquid with the herb bouquet, onion or shallot and peppercorns. Slowly add the hot liquid to the flour mixture blending it with a rubber spatula so that it doesn't lump. Add the blade of mace and cook 15 minutes in the top of the double boiler over boiling water and stir occasionally. Pass it through a sieve and season with nutmeg, cayenne and salt. This is a basic foundation sauce.

Iced Borscht

4 cups strong meat stock 8 medium size beets, grated ½3 cup old Burgundy 2 tablespoons tomato paste 2 crushed bayleaves

1 tablespoon lemon juice 4 egg whites, beaten stiff grated lemon rind
salt
cayenne pepper
sour cream
hot new potato for each cup

Put the left-column ingredients in a heavy pot and bring to a boil stirring hard continuously. Let it simmer a few minutes, perhaps 6 or 7, then set aside to cool for 30 minutes. Put it through a fine sieve and chill in the refrigerator for 6 hours. Top each bowl with a few lemon rind gratings, season with salt and a dash of cayenne and a big spoon of sour cream. Drop a little new boiled, hot, skinned potato in each bowl.

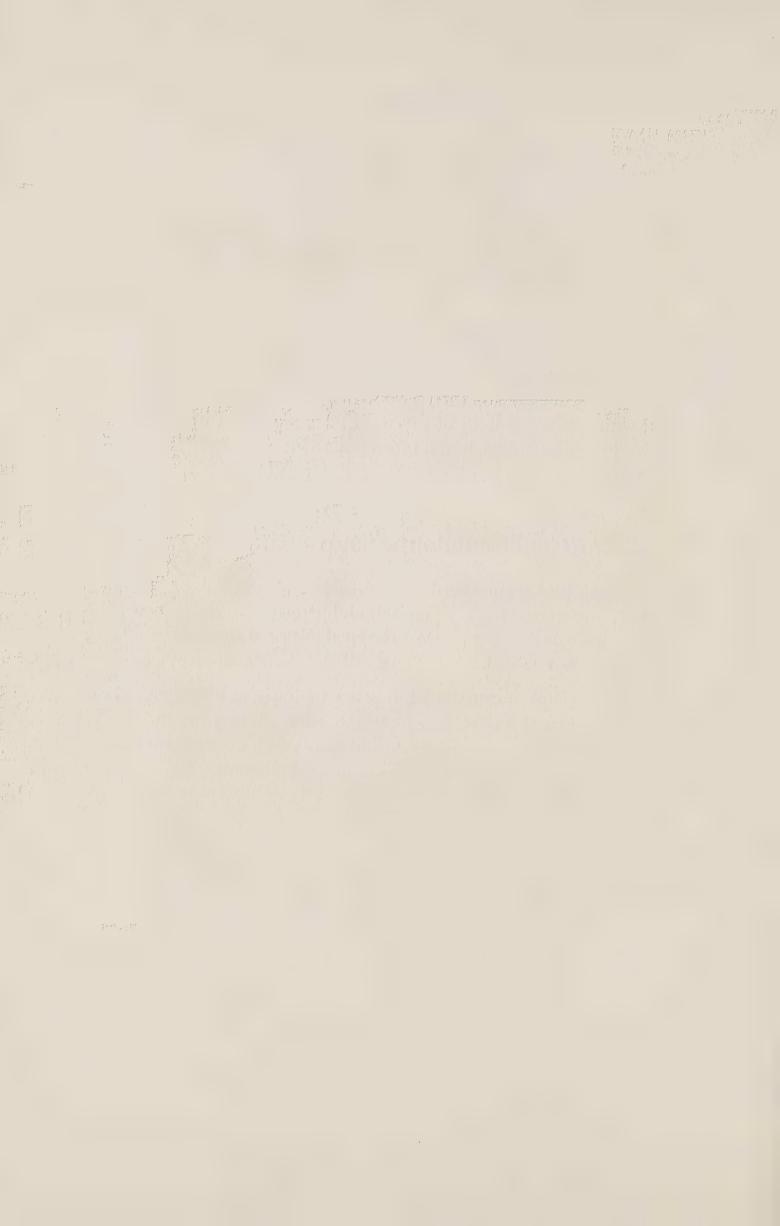
Cold Cantaloupe Soup

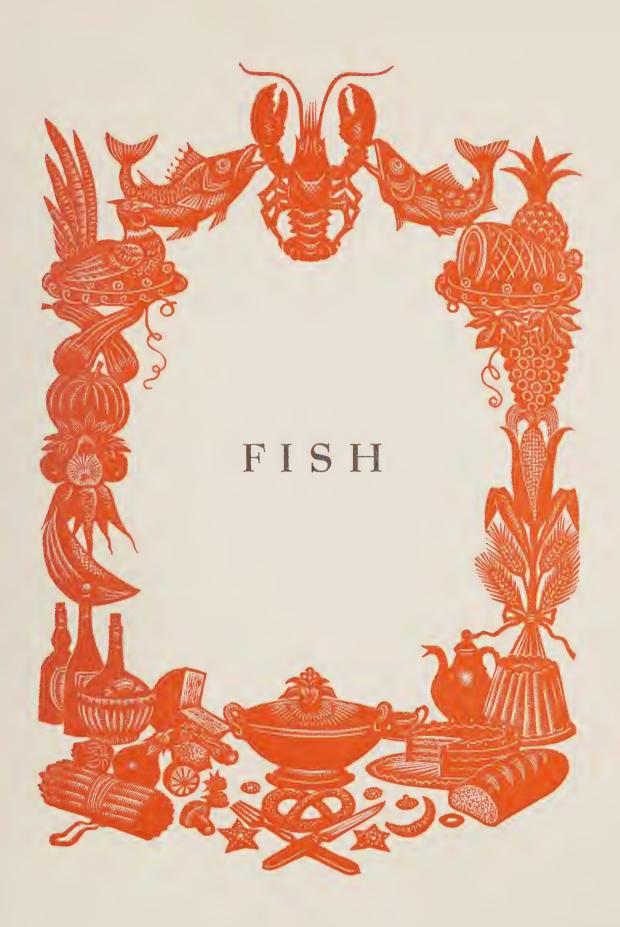
cantaloupe, peeled and sliced butter milk

cream

nutmeg salt and pepper chopped browned almonds

Sauté a little, 2 or 3 cups of cantaloupe in 2 or 3 tablespoons of butter, then steam until tender and sieve. A little lemon juice will improve the flavor. Add a cup of mixed milk and cream and season with nutmeg, salt and pepper. Chill and garnish with chopped browned almonds.







FISH



Salmon Croquettes

1 can of salmon3 good size white potatoesbuttersalt and pepper

1 egg, beaten cracker crumbs deep fat

Bone the salmon and flake it quite fine. Drain off the oil. Boil the peeled potatoes and mash them with butter, salt and pepper. Mix the salmon with the potatoes and form into croquettes and chill. Roll them in the egg and cracker crumbs and fry in deep hot fat until a golden brown at about 370 degrees.

(M. C.)

Sauce for Broiled Salmon

(M.R.B.)

1 tablespoon butter
2 tablespoons flour
1/2 cup milk
1/2 cup cream
1 beaten egg
2 tablespoons vinegar

2 hard boiled eggs, chopped
½ cup cucumber, seeded and chopped
1 tablespoon Worcestershire sauce

1/4 teaspoon salt
1/8 teaspoon pepper

Melt the butter in the top of the double boiler over low heat. Blend in the flour until smooth and then the milk and cream, stirring continuously. Add the beaten egg after the liquid is very hot and the other seasonings. Stir in the chopped egg and cucumber and set the sauce on the back of the stove to keep warm to serve over the broiled fish.

Shrimp Armand

1/4 cup celery, chopped

1/4 cup green pepper chopped

 $\frac{1}{4}$ cup green olives chopped

1/4 cup parsley chopped

1/4 cup green onions chopped

6 tablespoons olive oil

2 tablespoons vinegar

1 tablespoon lemon juice

1/2 teaspoon salt creole mustard

2 pounds shrimp, unpeeled

shredded lettuce

Boil the shrimp in well salted water gently for 6 or 7 minutes and then peel them. The shells lend flavor to the shrimp. Let them cool. Mix all the ingredients given for the sauce and marinate the shrimp in this over an hour in the refrigerator. Serve on shredded lettuce.

Poached Salmon

21/2 to 3 pounds of salmon

(for 7 or 8)
1 quart water

2 teaspoons salt

2 bayleaves

2 whole cloves

1/2 cup sliced onion

1 sliced carrot

1 sprig thyme

6 peppercorns

1 cup dry white wine

Select a piece of fresh salmon preferably from the tail end. Mix all the ingredients except the wine and simmer gently for 20 minutes to make a stock. Put the washed fish in an agate pan so that it is not crowded, add the stock and the wine with additional water (if necessary) to almost cover the fish and gently simmer 15 minutes on each side. Let the fish cool in the liquid. Remove the fish and skin it. If it is to be served cold wrap it in wax paper and serve at room temperature for the best flavor. If the fish is to be served hot return it to the liquid and when ready to serve bring gently to a simmer and leave over the flame just long enough to heat it. If the fish is very thick, it may take 40 or 45 minutes to cook but 30 minutes is usually long enough for a 3 pound piece. Egg sauce, Hollandaise or horseradish sauce are suitable to serve with boiled salmon and on special occasions a fine creamed lobster or shrimp sauce.

Scalloped Oysters

1 quart or 2 dozen oysters 4 slices good bread, toasted 1/4 cup butter 1/2 teaspoon salt 2 tablespoons sherry

1/4 teaspoon pepper
2 tablespoons light cream
1 teaspoon Worcestershire sauce
dash cayenne pepper
oyster liquor

Put a sieve over a bowl and put the oysters in the sieve. Examine them for bits of shell and reserve the oyster liquor to add to the sauce. Melt the butter in a pan, cut the toast into strips and toss them in the butter until they are well coated. Put ½ of the toast strips in the bottom of a fireproof 10 by 6 inch greased baking dish. Cover the toast with half of the oysters. Combine all the rest of the ingredients and pour half of it over the oysters. Lay another third of the toast strips on the oysters and the rest of the oysters on them and pour the rest of the sauce over the oysters. Crumble the rest of the toast on top. The oysters are not completely covered. Bake for 15 minutes at about 375 degrees and another 15 at 350 degrees. Serve with baked potatoes (which you have started in the oven 30 minutes earlier) topped with a bacon curl and a sprig of parsley.

Oysters and Crabmeat Creamed in Champagne

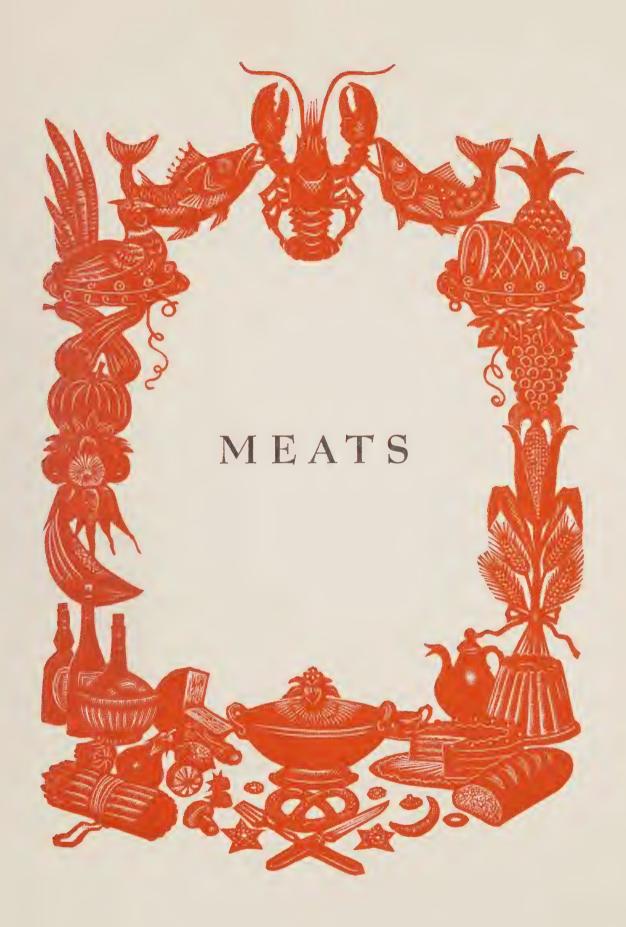
1 dozen oysters1 pound crabmeatlemon juicebuttered crumbsfish shells for serving

sauce:

1 cup champagne
1/4 cup butter
2 tablespoons flour
salt and cayenne pepper
1/8 teaspoon nutmeg
1/2 cup heavy cream

Let the champagne come to a boil, turn off the flame and add the oysters until they curl, about 40 seconds. Strain the champagne through a cloth. Keep the oysters warm. Melt the butter in a saucepan and add the flour and stir until it is smooth, then slowly add the seasonings and the cream. The crabmeat has been boned and flaked rather fine. Mix it lightly with a little lemon juice, about 2 tablespoons. Moisten the crabmeat with

some of the cream sauce. Fill the warmed shells with the crab mixture, lay an oyster or two on top. Cover with a tablespoon of cream sauce and top with buttered crumbs. Run under the flame until lightly browned and hot. Serve immediately, with champagne.





MEATS



Brunswick Stew

1 chicken or 2 squirrels

6 cups water

6 tomatoes, chopped fine

2 cups butter beans

6 ears corn

4 white potatoes

butter

salt and pepper

Cut the chicken or squirrels in pieces and simmer in the water until the bones can be removed. Skin the tomatoes by scalding them in boiling water, then chop them. Cut the corn from the ears, peel the potatoes and dice them. Season with butter, salt and pepper and cook all the vegetables with the meat until the stew may be eaten with a fork.

(M. C.)

Casserole of Chicken

ı can artichoke hearts

2 cups white meat of chicken

1 cup cream sauce

lemon juice

1/3 cup sliced almonds

bread crumbs

butter

Cut the chicken in cubes. Put in a greased casserole a layer of artichokes and a layer of chicken. Sprinkle with the almonds. Season the cream sauce with a tablespoon of lemon juice. Pour the sauce over the almonds then cover with crumbs and bits of butter. Brown in a hot oven.

(M. C.)

Sauce for Broiled Chicken

1 green pepper, cut in small

cubes

1 large onion, sliced

3 tablespoons butter

1 small can of pimentos, cut in small cubes

2 cans of mushrooms, sliced

Sauté the pepper until it is tender. Cook the onions in the butter until tender. Combine the ingredients and cook gently for 10 minutes and if the sauce needs body, thicken a little with a little flour mixed smooth with water. (M. C.)

Creamed Sweetbreads and Chicken Livers

2 pairs sweetbreads

12 chicken livers

1 cup cream

2 tablespoons grated onion

2 tablespoons chopped

parsley

salt and pepper

1 tablespoon flour

g tablespoons sherry

Simmer the sweetbreads for 20 minutes then remove the membrane and cut them into small pieces. Melt the butter, blend in the flour and then the cream. When smooth add the onion, parsley, livers and sweetbreads. Let this cook for 10 minutes in the top of the double boiler. Just before serving add the sherry and serve in ramekins or timbale cases.

(M. C.)

Veal Birds

veal from the loin or round

pork fat

bread crumbs

salt and pepper

lemon juice

ground onions

1 egg, beaten

hot water

flour

milk or cream

toast

The veal must be sliced very thin. Trim the edges of each slice and grind the trimmings with some pork fat. Add the same quantity of bread crumbs as ground meat. Grind a small onion for every cup of meat mixture and mix all together with the seasonings, egg and a little hot water to make a moist but fluffy filling. Spread mixture on the slices of veal, roll up tight and fasten each bird with a skewer. Mix salt and pepper with some flour and dredge each bird then fry slowly until a nice brown. Half cover with milk or cream and roast in the oven slowly until tender. Remove the skewers and serve the birds on toast pouring the sauce over them.

(M. C.)

Creamed Sweetbreads

sweetbreads

1 tablespoon lemon juice buttered crumbs sauce:

2 cups cream

3 egg yolks, beaten

1 tablespoon butter salt and pepper

Remove membranes from sweetbreads and poach gently 20 minutes in salted water to which the lemon juice has been added. Plunge in cold water to harden. Scald the cream and slowly pour over the egg yolks. Return to the double boiler and cook until the cream thickens a little. Add the butter and salt and pepper. Put the sweetbreads in a baking dish and pour the sauce over them and cover with buttered crumbs. Bake until the top is nicely browned.

(M. C.)

T-Bone Steak

21/2 to 3-inch steak black pepper salt olive oil melted butter charcoal fire

Roll the steak in the black pepper, salt and olive oil. Put over charcoal and cook about 20 to 25 minutes. When finished pour melted butter over the top.

(J. C.)

Pot Roast

4 or 5 pounds sirloin of beef 1 bunch carrots 2 cups water or broth 8 whole onions

6 bay leaves salt

8 peeled whole potatoes green peas

Brown the meat on all sides in a large heavy pot. Add the liquid and the bay leaves. Cover tight and cook slowly on top of the stove until the meat is tender. Add the potatoes and onions and cook 15 minutes, then the carrots and cook 15 minutes more and then the peas and cook until all the vegetables are done. Serve on a platter with the vegetables around the roast.

(M. C.)

Meat Croquettes

3 cups beef or lamb, ground 2 sprigs parsley, chopped

cup bread crumbs salt and pepper eggs, beaten cracker dust

ı small onion, ground fat

Mix the ingredients well and form into croquettes. Roll in cracker dust and fry until a golden brown.

(M. C.)

Vegetable Meat Balls

1/2 pound round steak, ground lima beans
white potatoes, cubed fine salt and pepper
diced celery 3 tablespoons butter
green peas

Roll meat into balls and stuff each with the vegetables and dot with butter. Seal well in aluminum foil and bake in the oven 30 minutes. Serve in the aluminum foil at the table.

(M. C.)

Steak and Kidney Pudding

1½ pounds lean round steak
1 fresh veal kidney or
¾ pound calf's liver
2 medium size onions, sliced
salt and pepper

flour and butter
1 package pastry mix
deep earthen bowl
deep steaming kettle

Prepare the pastry and roll out. Line the earthen bowl leaving enough over the sides to fold over the top. Cut the meat in pieces and slice the kidney. Alternate layers of meat and onion rings, sprinkling each layer with a little salt, pepper, flour and melted butter, until the bowl is full. Fold the pastry over the top. Cover the bowl with a piece of old linen and tie securely. Set the bowl in a deep kettle of water and steam, covered, for 5 hours. Remove from the kettle, take off the linen and brown the pastry in a very hot oven.

(M. C.)

Spaghetti Meat Sauce

2 pounds lean beef, ground twice

2 tablespoons butter

1 large green pepper, diced

ı can tomatoes, Italian style

2 cans tomato sauce

2 cloves garlic

1 medium size can chopped mushrooms

ı teaspoon salt

ı teaspoon chili powder

cooked spaghetti Parmesan cheese

Sauté the meat, onions and green pepper until lightly browned. Add 1 can of tomatoes and 1 of the cans of tomato sauce diluted with water. Add the crushed garlic and spices and cook 1 hour very slowly. Add the other can of tomato sauce and chili powder and simmer 2 hours. Add mushrooms just before serving. Cook the spaghetti in plenty of boiling salted water and when it is tender, drain it. Serve the sauce on the spaghetti and top with grated Parmesan cheese. This is good with hot garlic bread. Serves 8 or 10.

(M. C.)

Baked Ham

smoked ham bread crumbs

brown sugar whole cloves

Cut off hock bone and soak ham overnight. Next morning place the ham in a big pot, cover with boiling water and cook 4 to $4\frac{1}{2}$ hours according to size of the ham. Let soak over night. Next morning remove the skin from the ham and pat it all over with bread crumbs, brown sugar and stick with cloves. Let it brown in the oven a few minutes and it is ready to be served.

(J. C.)

Barbecue Sauce for Broiled Chicken

1/2 cup butter or margarine

1 cup water

2 tablespoons vinegar

3/4 teaspoon dry mustard

2 teaspoons granulated sugar

11/2 teaspoons paprika

1 tablespoon chopped onions

1 clove garlic, finely minced

1 teaspoon salt

ı teaspoon chili powder

1/8 teaspoon red pepper

1 teaspoon Worcestershire

sauce

1/4 teaspoon tabasco sauce

1 teaspoon pepper

Mix all ingredients and simmer 15 minutes. Baste the chicken during broiling. Makes 2/3 cup of sauce. (M. C.)

Roast Leg of Lamb

leg of lamb garlic paprika flour broth

1 teaspoon soy sauce

1 teaspoon Kitchen Bouquet

4 tablespoons sour cream

Rub the lamb with sliced garlic and tuck a piece in the slit near the leg bone. Sprinkle the meat all over with paprika to make it pink. Roast the meat in a slow oven (300 degrees) 20 minutes per pound, basting frequently with a little broth. When the meat is done take some of the pan drippings and mix with a tablespoon or two of flour and when it is smooth mix it with the seasonings and sour cream then blend in enough drippings to make the sauce like a medium cream, not too thick.

Chicken in Wine

1 5-pound chicken flour salt and pepper 1/2 cup butter 1 slice ham 8 or 10 little white onions

1 bud garlic

1/4 cup brandy 1/2 teaspoon thyme

a bayleaf

3 or 4 sliced mushrooms

sprig of parsley 1 cup claret wine

Disjoint the chicken and dredge it in flour which has been seasoned with salt and pepper. Brown the chicken in the butter and place in a casserole with the ham cut in pieces, the crushed garlic, onions, herbs and mushrooms. Pour the brandy over the chicken and blaze. Add the wine, cover tight and bake slowly until the chicken is tender.

(A favorite of M. R. B.)

Pork Chops with Vegetables en Casserole

1 cup finely diced carrots 1 cup finely diced onions 1 cup Frenched string beans

3 tomatoes, skinned, seeded, and sliced

pork chops, 3/4 inch thick salt and pepper dash curry powder, if desired

Make a bed of the carrots, onions and beans in the bottom of a casserole. Cover with the tomatoes. Brown the chops well on both sides, sprinkling with the seasonings. Place the chops on the tomatoes, cover tight and bake at 350 degrees for 35 minutes, open the casserole, turn the chops over and bake another 30 minutes.

(J. F.)

Beef and Bean Hot Pot

1 pound dried lima beans
1 teaspoon salt
1 teaspoon salt
1 pound beef (stewing)
2 onions, sliced
3 onions, sliced
3 tablespoons flour
1 green pepper, minced
3 tablespoons bacon fat

2 cups canned tomatoes

Wash the beans, cover with cool water and soak over night. Add 1 teaspoon salt and add enough water to just cover and simmer 1 hour. Put the beans in a casserole. Cut the meat into 2-inch cubes and sauté it in the bacon fat with the onions and green pepper for 10 minutes without burning the vegetables. Stir in the flour and tomatoes. Add this mixture to the beans with the salt, pepper and mace. Cover with the water the beans cooked in, cover the casserole and bake slowly 2 hours. Serve with savoy cabbage combined with carrot slaw and garnish with sliced pickled tomatoes.

Pork Chops Baked in Milk

pork chops, 3/4-inch thick milk salt and pepper flour vegetable oil

Salt and pepper the chops and rub them with oil. Sear them quickly under a hot flame or in a frying pan. Cover with warmed milk, cover tight and cook at 250 degrees for 1 hour in the oven. Uncover and cook a half hour longer or until the milk cooks down. If there is a quantity of sauce it may be thickened a little with flour and if more sauce is desired, add a little more milk. Serve with baked sweet potatoes and apple sauce. Use a casserole or a covered frying pan for the chops.

Roast Spareribs with Dressing

2 strips spareribs, cracked
2 or 3 cups crumbed stale bread
2 cups diced apples
1/2 cup minced onion
2 teaspoons sage

2 teaspoons salt

1/2 cup flour
2 tablespoons savory fat
1 cup hot water
1 tablespoon sugar
flour, salt and pepper
baste: water and oil

1/4 teaspoon pepper

Have the butcher crack the ribs but leave them whole. Mix all the ingredients together with the hot water to make a light fluffy dressing and heap it in a mound in a baking pan which has been greased. Lay the spareribs around the mound in tent fashion, skin side out, and fasten with skewers. Dust the ribs with salt, pepper and a little flour. Put the pan in a hot oven for 15 minutes then reduce the heat to 300 and roast for 1½ hours, basting occasionally with a little boiling water mixed with oil.

Beef Rolls in Claret

(FOR 4)

4 thin slices lean tender beef
2/3 cup sausage meat
1/2 cup chopped parsley
garlic
1/2 cup chopped green onions
salt and pepper

bacon fat flour 1/2 cup consommé

1/2 cup claret
2 teaspoons tomato paste
4 or 5 chopped olives
1 teaspoon beef extract

Rub the meat with sliced garlic and spread with sausage meat, parsley and onions. Season with salt and pepper. Roll each slice and tie securely with string, both ends. Dredge with flour and brown all sides in the bacon fat. Dissolve the tomato paste in the wine, add it and the consommé to the meat, cover tight and cook slowly for 1½ hours. Uncover, add the olives and the glace de viande or beef extract and cook 15 minutes more.

Pheasant in Sour Cream

3 pheasants salt and pepper ½ teaspoon thyme ½ teaspoon basil 3 tablespoons fresh onion juice1 cup flour3 cups sour cream1 cup butter or margarine

Dress pheasants and cut the birds down the center of the backs so that part of the breast may be joined to the backs leaving the front of the breast in one piece. Put the flour, salt, pepper, thyme and basil in a bag and mix them. Shake the pieces of pheasant in the bag so they are all very well covered. Save any seasoned flour left in the bag to thicken the sauce, only if necessary. Brown the birds in the butter on both sides in a heavy skillet, add the onion juice and remove to a large casserole. Cover with 2 of the cups of sour cream and bake at 300 degrees for 1 hour. Ten minutes before they are done warm up the rest of the sour cream and pour it over the top of the pheasants.

Casserole Hamburger Patties

(FOR 12)

4 pounds lean shank of beef (ground) 6 slices of bread ½ cup boiling water (scant) 2 teaspoons salt 1 teaspoon Beaumonde
Seasoning (Spice Island)
1/2 teaspoon Java Cracked
Pepper (Spice Island)
butter for frying

Cut crusts from bread and put bread in a mixing bowl with the seasonings, add boiling water and break into small bits with a fork. Add the meat slowly working it with the bread with a fork so it will keep light and fluffy. Do not press down but leave it in the bowl, cover it and put it in the refrigerator. When ready to cook, lift the meat up with a fork and form into little patties the size of a 50-cent piece, 1/4 inch thick. Brown patties quickly in butter and remove to a hot casserole and serve with the following sauce as soon as possible.

Sauce for Hamburger Patties

1 bud garlic, minced
1 small onion or 2 shallots, minced
4 cups consommé

2 teaspoons sugar2 cups good red Burgundy2 tablespoons butter2 pilot crackers (Nat. Bis. Co.)

Lightly brown the garlic and onion in butter, sprinkling the sugar over while cooking. Add the consommé and 3/4 cup of the wine. Simmer 15 minutes. Add the two crumbled crackers and rest of the wine. Put through the electric blender. Then simmer 15 minutes more, stirring frequently. Pour over meat patties and serve. Serve with baked rice and little bowls of sambals as are served with curries: chopped green scallions, small pieces of fried crisp bacon, nuts, carrot curls, celery, relish, chopped pickles, sliced tomatoes.

Hamburger Variations

Chopped beef patties, marinated over night in red wine.

Chopped beef patties, marinated in milk several hours.

Browned hamburgers with a dash of red wine over them a minute before serving.

Barbecue Chicken

Split in half, small plump young chickens and marinate them in garlic French dressing for an hour. Brush the barbecue sauce on the chicken with the leafy end of a stalk of celery. Turn the chickens frequently and let them scorch a bit.

Barbecue Sauce

2 cups sautéed onions
6 buds garlic, minced
2 cup
2 tablespoons salt
2 cups herb vinegar
1 teaspoon ginger
1 teaspoon nutmeg
1 teaspoon allspice
2 tables
1 teaspoon celery seed

½ teaspoon cayenne pepper
 2 cups canned tomatoes
 3 tablespoons Worcestershire sauce
 ½ cup sugar caramelized
 1 quart water
 2 tablespoons sugar

Caramelize ½ cup of sugar by cooking it in an iron skillet until it is very dark brown then slowly add 1 cup of the water, boiled. Remove from the fire and add the rest of the quart of water. Add all the ingredients except the 2 tablespoons of sugar and bring to a boil. Let cool and add the sugar to taste. More may be added if desired. Keep the sauce, sealed in mason jars in the refrigerator.

Barbecued Ham and Eggs

1-inch slices of good smoked ham
2 tablespoons dry mustard
1 tablespoon grated horseradish
2 tablespoons chopped parsley

2 tablespoons chili sauce 1 teaspoon salt red wine to make a paste

Mix all the seasonings together and enough wine to make a paste. Spread a thin coating of this mixture on the slices of ham, place them on a broiling rack and broil slowly and brush with additional sauce. Fry or scramble the eggs. If a vertical grill is used, cook the eggs in the drip pan adding a little butter to drippings. Break the eggs into the pan and allow them to cook from reflected heat. Good accompaniments are hashed brown potatoes, sliced tomatoes, cucumbers and onions with French dressing, rolls or dark bread.

Barbecued Spareribs

1 side of whole sparerib per person thyme honey

Soak for several hours in the barbecue sauce. Broil in the double grill over slow fire. Brush with barbecue sauce 10 minutes before removing from the fire. When they are done sprinkle the ribs with a little thyme, brush with honey and glaze. Serve with 2 pounds of sauerkraut, ½ pound of bacon cut in strips, and 1 large onion coarsely chopped which has been cooked covered in a heavy skillet 1 hour. Add liquid if it gets dry. Serve applesauce (1 can) mixed with ½ cup of grated horseradish.

Barbecue Sauce for Pork

3 large onions, chopped

1/2 cup butter

1 cup consommé

2 tablespoons Escoffier Sauce Diable

1/2 cup chopped green pepper

1 cup tomato sauce or catsup

2 tablespoons wine vinegar

1 tablespoon paprika

2 tablespoons sweet chili

powder

2 tablespoons brown sugar

Sauté the onions in the butter then add the other ingredients, blend but do not boil.

French Shashlik

1 pound of lamb, cubed

8 lamb kidneys, split and cored

8 mushrooms

8 chicken livers

8 or more slices of bacon

salt and pepper

Season the meat and mushrooms, tie each with bacon, thread on skewers and broil.

Rolled Lamb Roast on Spit and Basting Sauce, Bagley

rolled round lamb garlic or sliced onions basting sauce:

3 Bovril cubes

2 cups boiling water

1 tablespoon salt

1 tablespoon thyme

1 tablespoon Gulden's

mustard

2 tablespoons

Worcestershire sauce

6 bayleaves

2 cups Burgundy

Tuck small slices of garlic in the lamb or tie on sliced onions. Attach the meat to the spit and cook on a slow fire for 1½ to 2 hours basting frequently with the sauce. Dissolve the Bovril cubes in the boiling water, add the other ingredients and let the sauce stand while the meat is being prepared.

Forequarter of Lamb Barbecue

rack of lamb (shoulder, 4 neck chops, 9 rack chops) lemon juice

marinade:

1 sprig marjoram (fresh)

1 sprig rosemary (fresh)

3 sprigs thyme (fresh)

3 buds garlic, crushed 12 peppercorns, crushed

1/2 cup olive oil

Have the butcher cut through center of each rib bone to facilitate carving. The shoulder should have a nice outer layer of fat and plenty of protective fat in the fiber. Do not bone meat for a barbecue as the bone holds the meat together and keeps in juices. Marinate the meat the night before, wrap in heavy wax paper and store in a cool place outside the refrigerator as the chill would congeal the oil in the marinade. To prepare the meat rub it well all over with lemon juice. To prepare the marinade crush the herbs, mix them with the garlic and peppercorns and make a paste with the olive oil. Spread this mixture all over the meat

and between each rib. On the skin side of the forequarter cut three wide pockets under the skin and fat and stuff in the remaining paste. Several hours before the lamb is to be cooked build a fire of oak wood and when the coals are hot place the lamb 2½ feet above, skin side down to get seared. Sprinkle on a handful of water to add smoke flavor. After an hour the lamb turns brown and is almost done. Place the lamb, bone side down, and with a few deft cuts lift out the shoulder blade, sear the cut side to seal in the juices. Then lift this over the heat for 20 more minutes to make sure the thickest part is done.

Caucasian Shashlik

2 pounds lamb leg meat (cut in cubes) green pepper, cut in squares eggplant, cut in cubes butter salt and dry mustard skewers marinade:

3/4 cup red wine

2 tablespoons tarragon
vinegar

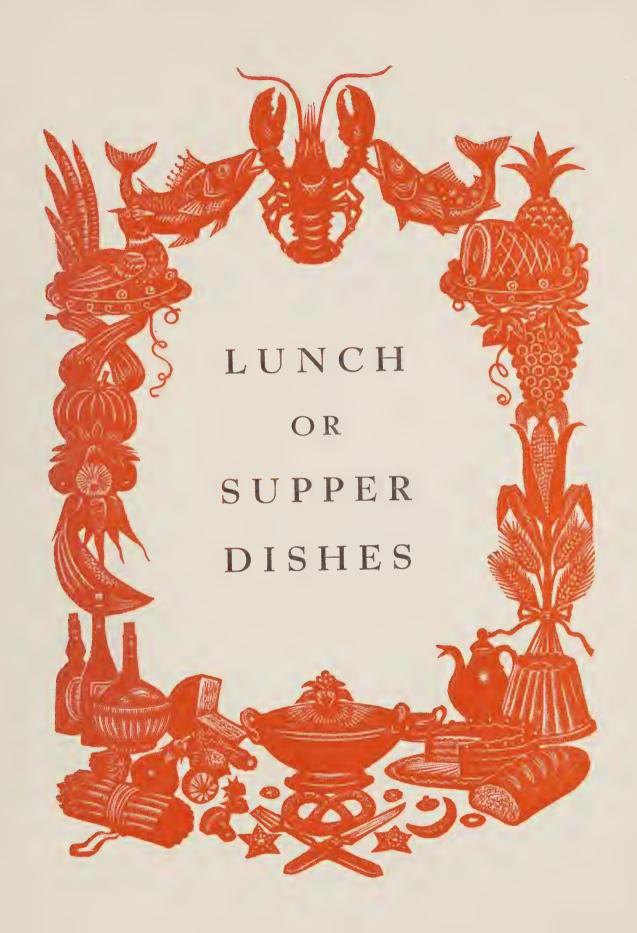
1/4 cup vegetable oil
2 tablespoons olive oil
2 tablespoons grated onion
2 tablespoons grated carrot
2 tablespoons grated celery
6 black and white crushed
peppercorns
2 bayleaves
bouquet fresh herbs,
parsley, tarragon and
thyme

Mix all the ingredients of the marinade, add the cubed lamb and let stand overnight, covered (outside the refrigerator), in a cool place. When ready to cook over a fire, remove the meat from the marinade and thread a cube on a skewer, then a square of green pepper, then a cube of eggplant which first has been fried a moment in a little butter. Repeat the meat and vegetables on the skewer, brush with melted butter and sprinkle with a little salt and dry mustard. Turn frequently while cooking.

Liver Pudding

hog's head hog's liver hog's feet salt and pepper broth vinegar sage, to taste

Prepare the meat which has been skinned and well cleaned. Put it in a kettle with water to cover and simmer slowly until the meat falls from the bones. Remove all the bones and grind the meat. Season with salt, pepper, vinegar and sage to taste. Add enough strained broth to make a moist loaf. Grease loaf pans or bowls and pour in the mixture. Chill until it jellies.





LUNCH OR SUPPER DISHES



Spaghetti (FOR 2)

mushrooms
butter
1 bud garlic
1 hamburger
8 chopped olives

8 chopped anchovies

1 bottle Boyardee sauce

water and wine

½ package long spaghetti
boiling salted water
tablespoons butter
Parmesan cheese

Use ½ can of little mushrooms and sauté them in a little butter. Put them in a hot serving dish. Crush a bud of garlic and sauté it in a little butter then mash a hamburger with the garlic and after it cooks a little add the olives and anchovies which have been chopped. Instead of the anchovies, olives stuffed with anchovies may be used. Pour in a bottle of prepared Boyardee spaghetti sauce and rinse the bottle with ¼ of the bottle of water and then ¼ of the bottle of red wine. When this is well blended, remove from the fire and keep it warm. Put the spaghetti into actively boiling water and have it well salted. Cook for 15 minutes or until it is tender then drain and shake it in a collander. Empty the spaghetti in the hot serving dish and toss with the butter and mushrooms. See that the sauce is well reheated, pour it onto the spaghetti, cover well with Parmesan cheese and serve immediately.

Cheese Croquettes

3 tablespoons butter

½3 cup flour

½3 cup milk

salt and pepper

½ cup Parmesan cheese,

grated

1 cup cheddar cheese, shredded yolks 2 eggs beaten egg and crumbs deep fat

Melt the butter in a sauce pan, blend in the flour and then the milk very slowly so that the mixture does not lump. Season and cook a couple of minutes then stir in the cheese and last the egg yolks. Stir well until all the cheese is melted. When the mixture is cold make into the desired croquette shapes, roll in beaten egg and crumbs and fry a golden brown in deep hot fat.

(M. C.)

Creamed Turkey or Chicken with Avocado

2 cups cubed fowl, cooked
1 small onion, chopped
3 fresh mushrooms, sliced thin
2 tablespoons butter
2 tablespoons sherry
1 avocado pear, sliced thin

3/4 cup grated cheddar cheese

cream sauce:
2 tablespoons butter
3 tablespoons flour
1 cup milk
1 cup cream
salt and pepper

Sauté the onion and mushroom in 2 tablespoons of butter 2 or 3 minutes. Add the sherry and add it to the cream sauce. For the sauce melt the butter, blend in the flour and when smooth add the milk and cream and season with salt and pepper. Cook the sauce very slowly 3 or 4 minutes. Add the turkey to the cream sauce and empty into a greased shallow casserole. Arrange the thinly sliced avocado over the top in attractive rows then sprinkle with the cheese. Place low under the broiler flame until the top is lightly browned. Serves 6.

Creamed Eggs

12 eggs, hard boiled bread crumbs grated cheese

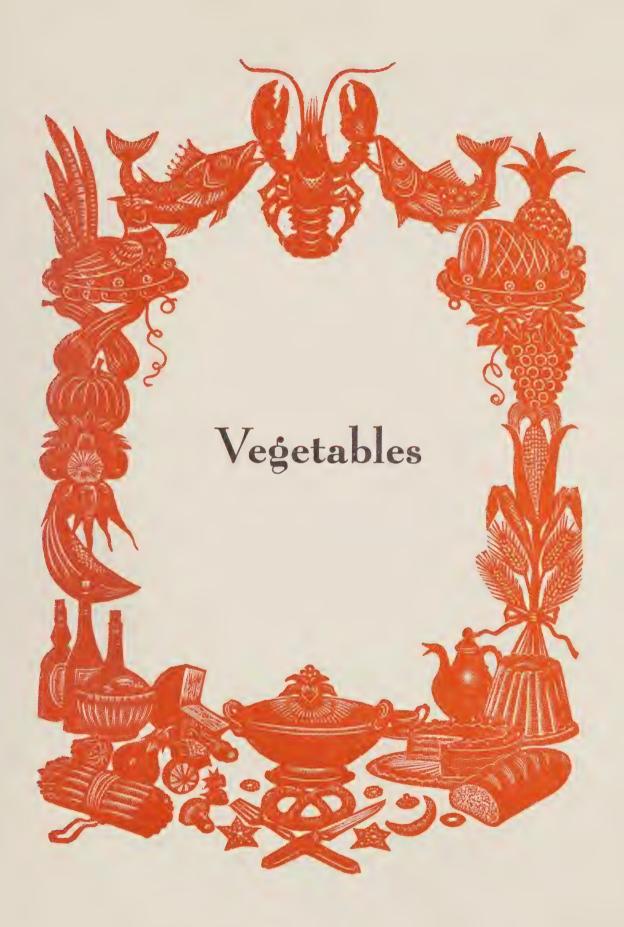
cream sauce:

3 tablespoons butter
3 tablespoons flour
1 cup chicken broth
1 cup light cream
salt and pepper

1 teaspoon curry powder

Put the peeled, sliced eggs in a greased baking dish. For the cream sauce, melt the butter, blend in the flour then slowly add the liquids and seasonings. Pour the sauce over the eggs, sprinkle with crumbs and cheese and bake at 325 degrees for 20 minutes.







VEGETABLES



Stuffed Onions

large onions, 1 to a person beef or veal, chopped 1 teaspoon thyme

salt and pepper butter sprigs of parsley

Boil the onions until tender in salted water. See that they do not over-cook for they must be firm enough to hold their shape. The inside is removed and chopped with the meat which is cooked and ground or is raw and ground and sautéed in butter. Season well and stuff the onions with the mixture. Return to a hot oven and brown. Add a sprig of parsley to the top when serving.

(M. C.)

Stuffed Squash

tender young yellow squash ground meat salt and pepper butter bread crumbs

Boil the squash until tender, cut in half lengthwise and scoop out the inside leaving a shell thick enough to hold the filling without breaking. Mix the squash with ground meat seasoned well with butter, salt and pepper and a dash of dried herbs, thyme or basil if desired. Fill the squash shells, cover with crumbs and bake until browned.

(M. C.)

Succotash

3 or 4 ears of corn 1 cup fresh lima beans milk

2 teaspoons flour salt and pepper

1 teaspoon butter

Score the kernels of corn down the center with a sharp pointed knife then scrape off all the corn and add the beans. Steam until the beans are tender with as little water as possible. Strain this liquor into a cup and add enough milk to make a cup; add it to the vegetables and the butter rubbed with the flour until smooth. Add salt and pepper and simmer very slowly 10 minutes.

(M. C.)

Squash Soufflé

2 pounds squash
2 eggs
½ pound grated cheese
buttered crumbs

2 cups cream sauce:
2 tablespoons butter
6 tablespoons flour
1½ cups milk
½ cup cream
salt and pepper
dash nutmeg

Peel, seed and cube the squash, Hubbard or acorn is the best for this. Steam tender, drain and mash. For the sauce melt the butter, blend in the flour and slowly add the liquids, stirring continuously so it is smooth. Season and add the cheese and beaten egg yolks. Cook in the double boiler 1/4 hour. Mix with the squash and fold in the stiffly beaten whites of the eggs. Put the mixture into a greased baking dish, sprinkle with crumbs and bake about 15 or 20 minutes and until crumbs are brown.

(M. C.)

Mushroom Casserole

1 pound fresh mushrooms2 cups heavy creamsalt and pepper

loaf of French or Italian bread

Clean and dry the mushrooms. Sauté them 5 or 6 minutes in butter and season with salt and pepper. Meanwhile toast the loaf in the oven, first

cutting it down just to the bottom crust in diagonal slices. Put the mush-rooms on the bread and pour the cream over the bread which has been heated a little in the pan the mushrooms sautéed in. Leave in a moderate oven for 6 or 7 minutes.

Baked Stuffed Mushrooms

1 pound mushrooms2 tablespoons vinegar2 small onions7 sprigs parsleybutter

salt and pepper 3 tablespoons catsup 1/4 cup sherry 3 or 4 strips bacon 1/2 cup cream

Clean the mushrooms and remove the stems. Soak the caps 10 minutes in water to which you add the vinegar, then drain them. Chop the mushroom stems with the onions and parsley. Season with salt, pepper, catsup and sherry. Sauté a little in butter, about 4 or 5 minutes very gently. Stuff the mushroom caps and lay them in a baking pan. Lay the strips of bacon across the mushrooms, cover the bottom ½ inch deep with the cream and bake 20 minutes at 325 degrees. Scrape the liquid in the baking pan over the mushrooms and serve immediately.

Croute with Mushrooms

1 pound fresh mushrooms1 loaf of unsliced breadsalt and pepper

garlic butter

1½ cups cream

1 teaspoon tarragon vinegar

Clean the mushrooms and sauté them in butter or olive oil 5 or 6 minutes. Make a croute of the bread by decrusting it and cutting the inside out to make an oblong hollow shape to receive the mushrooms. Brush it with garlic butter and toast it a light color so it is crisp. This is done in a slow oven. Garlic butter is made by crushing a bud of garlic and adding it to melted butter. Add the cream to the mushrooms and stir over a low flame, removing just before the cream comes to a boil. Stir in the vinegar and empty into the crunchy bread and serve.

Mushroom Ideas

Never let mushrooms stand in water, it injures their flavor.

Try sautéed mushrooms in a sandwich.

Smoke mushrooms over applewood coals 4 or 5 minutes, basting with butter.

Sauté with chopped parsley, onion, garlic or herbs.

Clean white mushrooms do not need washing; just wipe them and do not peel them. Cut a very thin slice off stem.

To keep in flavor, try dusting with flour before sautéeing.

Broccoli, Cauliflower or Asparagus with Poppy Seed Sauce

steamed vegetable

sauce

¹/₃ cup butter juice of ¹/₂ lemon salt and pepper 1 tablespoon poppy seeds dash cayenne

Melt the butter, add the seasonings and pour over the vegetable.

Asparagus Variations

Hot asparagus served with soft cooked boiled egg mixed with herb butter.

Asparagus served with chopped hazelnuts browned in butter.

Cold asparagus dressed with heavy sour cream blended with a squeeze of lemon and a dash of nutmeg.

Creamed asparagus topped with grated cheese and a crisp slice of bacon or ham.

Creamed chicken and asparagus in a timbale.

Creamed asparagus with croutons and toasted English walnuts topped with cheese.

Carrot Timbales

2 cups mashed carrots

1 tablespoon grated onion

2 eggs, beaten

1 tablespoon lemon juice

1 teaspoon sugarsalt and pepper

1/2 cup cream

Boil a bunch of new carrots until tender and mash through a sieve or through a ricer. Mix well with all the ingredients and put in greased timbale molds and bake 15 or 20 minutes until set. Serve with cream sauce with sliced hard boiled eggs or new peas instead of the eggs.

Roasted Corn on the Cob

Roll the husks back, dampen the ears with salted water then close the husks and tie with a string. Turn the ears frequently on the coals and brush with additional water. It takes 8 or 10 minutes to cook. Serve with salt, pepper and butter.

Green Peppers Stuffed with Corn

sweet corn

whole green peppers

ı teaspoon sugar

butter

salt and pepper

Select thin-skinned peppers of uniform size. Cut a round hole in the stem end and remove all the seeds and pith. Blanch them in boiling water for 3 or 4 minutes so they will be tender. Cut the corn from the cobs after it is cooked and season with butter, sugar, salt and pepper. Stuff the peppers and put them in a baking pan close together (add a little water to the pan) and bake in a 350-degree oven about 15 minutes.

Italian Stuffed Peppers

4 large peppers

1 loaf Italian bread

2 buds garlic

1/2 cup olive oil

1 teaspoon salt

1/2 teaspoon pepper

i tablespoon minced parsley

1 small can anchovies

8 Italian black olives

Cut the peppers in half and let them roast in the oven 5 minutes while you make the dressing. Cut the sliced bread in tiny cubes and dry it out in

the oven so that it is lightly toasted. Crush the garlic into the olive oil and mix it and the other ingredients with the bread. The anchovies are first mashed and added with their oil and the olives are pitted and sliced. Almost 3 cups of bread cubes will be needed. Fill the 8 pepper halves, put them in a baking pan that has had ½ cup of cooking oil added to it so the peppers will not burn. Cover the baking pan with aluminum foil, tied on, and bake 25 minutes, then remove the foil and brown the tops.

Braised Celery

g cups celerybuttersalt and pepper

stock cornstarch

Clean fine tender celery and cut in 3-inch lengths. Sauté slowly in butter until it is tender. Cover but add no water. When it is done add a few tablespoons beef stock which may or may not be thickened ever so slightly with a little cornstarch. This is done by mixing 1 teaspoon of cornstarch in 2 tablespoons of cold stock and adding it gradually to the pan liquor until it is the consistency of light cream. Remove to a hot serving dish and pour the sauce over the celery.

Braised Endive

1/2 pound endive 1/2 cup butter salt

paprika

Put the endive in a heavy pot with the butter and braise as slowly as possible for an hour or more, covered with a tight lid. This is the way it is done in Belgium. Lightly salt it and add paprika.

Stuffed Baked Tomatoes

6 large tomatoes 2 hard boiled eggs

salt and pepper bread crumbs

1 tablespoon grated onion

Cut a small slice off the tops of the tomatoes and scoop out the inside. Seed the flesh and chop it with the chopped eggs and seasonings. Stuff the tomatoes, cover with crumbs and bake until tender, about 18 minutes.

Fried Eggplant

peeled, sliced eggplant salted water

deep fat at 370 degrees to a golden brown.

beaten egg

pepper crumbs deep fat

Let the eggplant stand in cold salted water for half an hour. Drain and dry it. Dip the slices in beaten egg and pepper, then in crumbs and fry in

Baked Eggplant

1 good size eggplant

bread crumbs salt and pepper

1 egg, beaten

1/3 cup chopped onion

Boil the eggplant whole until it is tender. Cut it in half lengthwise and scoop out the inside and chop it. Mix the chopped onion, egg and seasonings with it. Add enough bread crumbs so the filling will fill the shells. Sprinkle the top with buttered crumbs and bake for 25 minutes.

Baked Rice

21/2 cups rice

5 cups stock or consommé

1/4 cup butter

Lightly brown the rice with the butter in a heavy skillet stirring constantly with a wooden spoon over a low flame. Put into a hot casserole and add the hot stock, cover and bake 30 minutes at 375 degrees, remove and stir it, return to oven and bake 20 minutes more, turning the heat down to 325 degrees.

Spinach with Bacon

1 pound fresh spinach,

2 strips bacon, diced

chopped

salt and pepper

1 small onion, chopped

Carefully wash the spinach and drain it. Chop it quite fine. This can be done by squeezing it and using kitchen shears. Put it in a pot without water, cover tight and cook 3 or 4 minutes over a low flame, stir, cover and cook until it is just tender. Try out the bacon until it is crisp, remove from pan and fry the onion. Empty the spinach into a serving dish and mix with the onions, salt and pepper and add the bacon bits to top.

Marshmallow Sweet Potatoes

4 or 5 sweet potatoes salt and pepper 1/4 cup honey or brown sugar 1/3 cup butter
3 tablespoons brandy
marshmallows

Mash the skinned, boiled potatoes and season them to taste with the ingredients and put them in a greased baking dish. Cover with marshmallows and put in a very hot oven to lightly brown and melt.

Outdoor Baked Potatoes

Cover each potato with moistened salt, ½ inch thick, tie with paper, cover with embers and leave an hour or longer. Break off the salt and serve with chives mixed with soft butter. They may also be baked in the ashes and embers for an hour.

Creamed Potatoes

(FOR BARBECUE SUPPER)

6 cooked potatoes
4 tablespoons butter
3 tablespoons flour
1 teaspoon salt
1/2 teaspoon pepper
1 cup hot milk

1 cup light cream
1/4 cup minced parsley
1/4 cup minced chives or onion
1 cup grated cheese
4 slices buttered bread, cubed

Dice the potatoes and lightly sprinkle with salt and pepper. Make the cream sauce. Melt the butter, stir in the flour until smooth then add salt, pepper, the hot milk and cook 2 or 3 minutes then add all the other ingredients except the bread cubes. Mix with the potatoes and empty into a greased casserole and cover with the bread cubes. Put into a hot oven until the cubes of bread are brown.

Julienne Potatoes

old potatoes deep hot fat salt and pepper

Peel the potatoes and cut in sticks the thickness of a kitchen match. Soak in ice water 30 minutes. Dry between towels and fry a few at a time in a frying basket in deep fat at 380 degrees. Drain on brown paper, lightly salt and serve very hot.

Ham Butt and Kidney Beans

1 pound dried kidney beans

1 sliced onion

1 smoked ham butt

ı bayleaf

Wash the beans and soak over night in 2 quarts of cold water. In the morning add ½ teaspoon soda and simmer the beans. Meanwhile brown the ham butt in syrup all over then add it to the beans with another quart of hot water and simmer, covered, for 6 or 7 hours. Add more boiling water if necessary. A small ham butt is used. Serve this dish with hot corn bread and cole slaw.

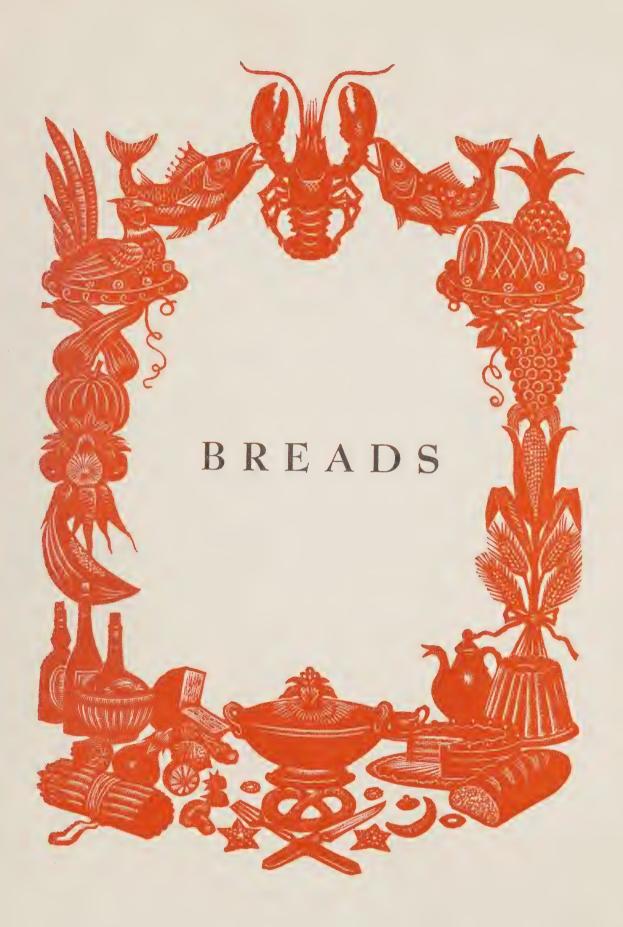
Zucchini

1 pound zucchinisalt and pepper3 buds garlic, crushed

1/4 cup olive oil grated Parmesan cheese

Wash the zucchini and slice it very thin, leaving it unpeeled. Put the garlic in a heavy skillet with the olive oil and stir the zucchini around in it adding salt and pepper. Cook uncovered, about 10 minutes until it is a little tender. Empty into a hot serving dish and sprinkle liberally with Parmesan cheese.







BREADS



Corn Meal Muffins or Sticks

2 cups corn meal
2 tablespoons flour
1/2 teaspoon salt
1 teaspoon baking powder

1 tablespoon butter, melted2 eggs, beaten½ cup sweet milk

Mix the dry ingredients and combine with the mixed liquids. Pour into greased corn stick forms or muffin tins and bake at 350 degrees 15 or 18 minutes.

(M. C.)

Spoon Bread

2½ cups boiling water 2 cups corn meal ½ tablespoons butter 2 eggs, beaten 1½ teaspoons salt

1½ cups buttermilk

1 teaspoon soda

2 egg whites, beaten

Pour the boiling water over the corn meal stirring it so it is smooth, add the butter and let it stand until it is cool. Add the beaten yolks, the salt and buttermilk to which the soda has been added. Beat very well. Fold in the stiffly beaten egg whites. Pour into a greased baking dish and bake 40 minutes at 375 degrees. Turn down the heat after 20 minutes if it is baking too fast. Serve hot with butter.

Corn Fritters

12 ears of corn 1 teaspoon flour 2 egg yolks, beaten

salt and pepper 2 egg whites, beaten

butter

Cut the corn from the ears, scoring the kernels first with a sharp pointed knife. This releases the milk and facilitates cooking and improves flavor. Mix with the other ingredients and fold in the stiffly beaten whites last. Drop by spoonfuls in hot butter and fry a medium brown on both sides. Serve hot. (M. C.)

Buttermilk Biscuits

4 cups flour 1 teaspoon salt 1 teaspoon soda

2 teaspoons baking powder 4 tablespoons shortening

buttermilk

Mix the dry ingredients and cut in the shortening with a pastry cutter. Add enough buttermilk to make a soft dough which can be rolled on a floured board. Handle as little as possible. Roll out 1/2 inch thick, cut with a round cutter and put the biscuits in a greased floured pan. Let rise a minute and then bake in a 375 degree oven for 12 or more minutes, until a light brown. Serve hot. (M. C.)

Parker House Rolls

1 yeast cake 1/3 cup luke warm water ı teaspoon sugar

2 cups milk 1 cup butter 1 teaspoon salt 6 or 7 cups flour

Crumble the yeast in the warm water and add the sugar. When it becomes frothy it is ready to mix with the scalded milk which has cooled to luke warm. When scalding the milk let the salt and butter melt in it. Put 6 cups of flour in a large mixing bowl and in the center add the yeast and milk mixture. Stir until it is well mixed and elastic. Perhaps more flour will be needed to make a soft dough. It must not have so much flour as to be heavy. Set the bowl in a dish pan of warm water, cover with a tea towel to rise. When it has risen work it down with a wooden spoon and let it rise again. Take part of the dough and roll it out on a well floured board ½ inch thick and cut with a biscuit cutter. Grease the rolls with butter, turn half over and put them in a greased pan to rise again. Don't let them stand after they have risen but bake them immediately in a 375-degree oven until they are a light delicate brown.

(M. C.)

Molasses Pecan Rolls

1 cup milk 5 cups flour 1/2 cup shortening, melted 1 cup molasses

1 yeast cake
2 eggs, beaten
1 cup chopped pecans
1 cup chopped raisins

11/2 teaspoons salt 1 teaspoon cinnamon

1 cup sour cream shortening

Heat the milk to luke warm and add the yeast and shortening, stirring until both are melted. Add the salt. Have the eggs and sour cream at room temperature, beat them together and add to the milk mixture. Combine the liquid with the flour in a big mixing bowl. Beat with a wooden spoon until the dough is light and elastic. Form into a ball, wrap in wax paper and store in the refrigerator over night. Divide the dough in half and roll each into 12 by 8 inch rectangle on a floured board. Brush with melted shortening and spread with 1/4 cup of molasses, 1/2 cup of nuts, 1/2 cup of raisins and 1/2 teaspoon of cinnamon. Roll the long edge into a roll and cut into 11/2 inch rolls. Spread a generous amount of shortening in a 10 by 6 inch pan and cover with 1/2 cup of molasses. Place rolls cut-side down in the pan and repeat this with the other half of the dough. Cover with a cloth, set in a warm place to rise to double in bulk and bake in a 400 degree oven for 10 minutes, then reduce the heat to 350 degrees and bake for 15 minutes more or until the rolls are done. Invert on a wax paper as soon as the rolls come from the oven.

Scones to Cook on a Grill Outdoors

2 cups flour ½ teaspoon salt 1 teaspoon cream of tartar 1 teaspoon sugar1 teaspoon soda3 cups buttermilk or sourmilk or sour cream

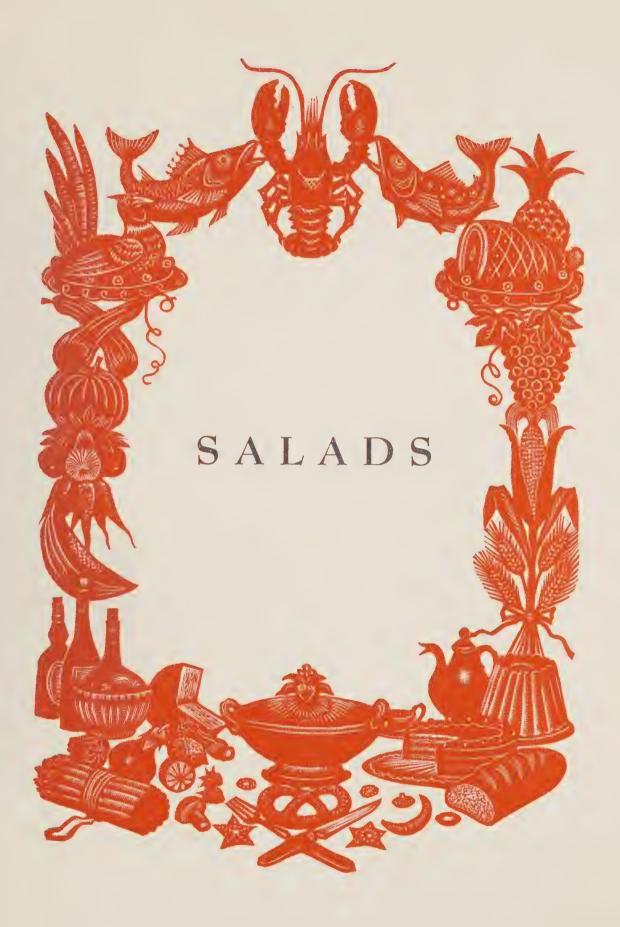
Sift dry ingredients together and take one cupful at a time to mix with some of the buttermilk, enough to make a soft dough. Pat it with the hand until it is about ½ to ¾ inch thick. Cut in triangles or squares with a sharp knife and bake on a floured griddle on top of the stove or grill. When brown on one side, turn and brown on the other. Serve hot with butter.

Garlic Bread

1 large loaf of French bread
1/2 stick butter
2 or 3 buds of garlic, crushed

Cut the bread in 2-inch slices down to the bottom crust. Mix the garlic with the melted butter and cover the top and between the slices with it. Brown until hot through in a moderate oven.

(M. C.)





SALADS



Slaw

head of new cabbage

dressing:

2 eggs, beaten

1 cup sugar

1 teaspoon salt

11/2 teaspoons dry mustard

1/2 teaspoon celery seed

11/2 tablespoons butter

ı cup vinegar

Shred the cabbage and let it stand in cold salted water for an hour. Drain the cabbage and squeeze it dry. Have ready the dressing which is well mixed, brought to the boiling point and poured over the cold cabbage. Chill before serving.

(M. C.)

Bing Cherry Salad

1 package cherry jello1 large can Bing cherriesgrated rind and juice 1 lemon

1/2 cup nuts

garnish: mayonnaise and

salad greens

Drain the can of cherries and measure the juice. Add enough water to make 2 cups, bring to a boil and pour it over the jello and stir until melted. Let the jello cool. Add the cherries, nuts, rind and lemon juice to the jello and pour into greased molds to set. When ready to serve unmold on shredded lettuce or watercress and serve with mayonnaise.

(M. C.)

Cole Slaw with Grapes and Almonds

1 medium size head of new cabbage
2 cups grapes (seeded or seedless)
1 cup shredded browned almonds

1 teaspoon salt

teaspoon sugar
 teaspoon dry mustard
 tablespoons vinegar
 tablespoons grated onion
 cup mayonnaise

garnish: wreath of parsley and grapes

Shred the cabbage coarsely and mix with the grapes and almonds. Mix the seasonings with the vinegar and onion and add to the mayonnaise. Mix this thoroughly with the cabbage. Decorate the top with a wreath of parsley and grapes.

French Dressing and Variations

1/2 cup good vinegar
(wine, cider or malt)
3/4 teaspoon salt
1/4 teaspoon white pepper

1½ cups olive oil sliced garlic rubbed on bowl or shaken in dressing and removed

Mix the ingredients in an electric blender or shake hard in a bottle. Some like a dash of sugar or syrup in French dressing.

TARRAGON DRESSING

Use the leaves of 2 or 3 sprigs of fresh tarragon, squeeze them between the fingers and cut them fine with kitchen shears. Add them to the French dressing.

MINT SALAD DRESSING

Bruise and cut fine 2 dozen mint leaves and let them marinate an hour in $\frac{1}{2}$ cup of vinegar, drain them and use the vinegar in making the French dressing.

TROPICAL FRENCH DRESSING

To 1 cup of French dressing add 1/2 teaspoon each of ground nutmeg and ground ginger.

COTTAGE CHEESE DRESSING

To 1 cup of French dressing add 3 tablespoons of cottage cheese and 1 tablespoon each of chopped sweet pickles and watercress or parsley. Blend well with the dressing.

SWEET AND SOUR DRESSING

To 1 cup of French dressing add 3 tablespoons each of Bar le Duc, honey and chopped lemon pulp, blending and beating in well.

CREAMY FRENCH DRESSING

Blend together equal parts of French dressing and sour cream.

SARDINE FRENCH DRESSING

Add 2 generous sieved tablespoons of sardines to 1 cup of French dressing and 11/2 teaspoons finely crushed caraway seeds. Blend thoroughly.

CHUTNEY FRENCH DRESSING

Add 3 tablespoons each of Major Grey's India chutney and walnut catsup. Also add 1 teaspoon chopped parsley, chervil or tarragon. Blend well.

BELLEVUE DRESSING

To 1 cup of French dressing add 6 tablespoons of sour cream and 1 tablespoon of finely chopped chives.

ROQUEFORT CREAM DRESSING

Blend 3 generous tablespoons of Roquefort cheese with 3 tablespoons heavy sweet or sour cream and add to 1 cup of French dressing. Blend thoroughly. An electric blender is useful for this.

My Green Salad

(M.R.B.)

bibb lettuce smallest spinach leaves (stemmed) chives cut fine with scissors French dressing: 1 cup olive oil 1/3 cup vinegar (part Tokay wine let sour and part tarragon vinegar) 1 bud garlic, crushed 1 teaspoon sugar 1/2 teaspoon freshly ground black pepper 1/2 teaspoon paprika 1/4 teaspoon mustard few grains curry powder few grains white pepper 1 teaspoon salt 1 teaspoon herb salt

Mix the greens in a bowl. Let the garlic stand in the vinegar 10 minutes, then drain it. Mix all the ingredients and shake them hard in a bottle. Toss the dressing with the greens, a little at a time and do not add more until the leaves show a lack of it. Just only dressing enough to lightly coat all the leaves.

Dandelion Greens

young tender greens fat bacon, minced salt and pepper 1 bud garlic, crushed2 or 3 sprigs fresh mint

Sauté all the ingredients together 2 or 3 minutes over a very gentle flame so the bacon is fried out some to flavor the greens. The bacon might be cooked first, removed from the grease and after the other ingredients are stirred in the fat the bacon returned to the top of the greens. This way the bacon will stay crisp. Another way to treat the greens is not to cook them but drain them well, put them in a warm bowl and pour the crisp bacon and grease over them. Rinse the pan out with 2 or 3 tablespoons of vinegar and add it to the greens. Season with salt and pepper.

Raw Spinach Salad

young fresh spinach, stemmed bacon, cut in inch pieces (1 strip per serving)

vinegar salt and pepper

Have the greens washed well and drained thoroughly. Put them in a bowl. Fry the bacon and just as it becomes crisp add a little more vinegar than fat in the pan and pour on the greens. Toss and serve immediately. A variation which is very good is to crush 3 or 4 or 5 buds of garlic and fry them with the bacon and toss this with the spinach with a little French dressing.

Beet Salad

cold diced beets lettuce leaves chopped chives chopped hard boiled egg
2 or 3 tablespoons anchovy
paste
French dressing

Toss the beets with the lettuce and chives. Mix chopped egg with the dressing which has been blended with anchovy paste. Toss it with the beets and greens.

Sliced Beets with Onion Rings

cooked, sliced beets raw onion rings

dressing:

3/4 cup cider vinegar

1/2 cup sugar

3/4 teaspoon cinnamon

1/4 teaspoon salt

1/4 teaspoon powdered allspice

1 teaspoon whole mustard seed

1/4 teaspoon powdered clove

Bring the ingredients for the dressing to a gentle boil and cook for 5 minutes. Pour while hot over the sliced beets, let cool and then chill them before serving. Garnish with onion rings.

Wilted Lettuce

(FOR 6)

1 large head lettuce

6 strips bacon

1 tablespoon chives, minced

1 tablespoon fresh dill,

chopped

1/2 cup mild wine vinegar

1 teaspoon sugar

1 teaspoon mustard

salt and pepper

Fry the bacon and mince it. Sprinkle it with the chives and dill. Break the lettuce into coarse bite-size pieces and mix with the bacon. Add the seasonings to the drippings, heat up and toss with the greens.

Parsley and Egg Salad for Boiled Beef

2 huge bunches of parsley (chopped fine)

ı bud garlic

2 chopped hard boiled eggs

1 tablespoon minced capers

1/2 teaspoon salt

5 tablespoons vinegar

Halve the garlic and rub the salad bowl and put the parsley in the bowl and toss with all the other ingredients and chill. Serve on the same plate with the boiled beef so the hot stock mingles a little with the salad.

Salad Tossed at Table

(ELEANOR BALDWIN)

salad greens:

romaine, chicory, watercress,

Boston lettuce

2 (minute and a half) eggs

French dressing

freshly fried croutons grated Parmesan cheese

Have all the other ingredients in little bowls around the salad bowl with the greens. Toss the greens with French dressing, open the eggs and mix them in and then the croutons and grated cheese.

Lettuce with Chicken Livers

crisp lettuce leaves 2 broiled livers, sieved French dressing 1 hard boiled egg, minced1/2 teaspoon dry mustard

Blend the chicken liver with French dressing and toss it through the dry lettuce leaves. Add the egg and the mustard if desired.

Greens with Croutons

escarolle, watercress, chicory, endive, romaine tiny croutons

2 buds garlic butter or olive oil French dressing

Crush garlic in butter or olive oil and fry the croutons in it until they are light brown and crisp. After the greens are well tossed with French dressing, add the croutons the last minute so they will remain crisp. Half a cup of sour cream mixed with 1 teaspoon English mustard and the juice of a half lemon mixed together are a good variation with greens.

Cauliflower Salad

1 fine cauliflower chopped chervil French dressing greens

Boil cauliflower until just tender but before it becomes soft. Drain well, separate into flowerets and chill. Sprinkle liberally with chopped chervil and season well with French dressing. Serve on shredded greens.

Celery Root Salad

fresh celery root chopped parsley onion juice salt and pepper

Peel celery root and boil it until tender. Slice while warm. Chill and sprinkle liberally with chopped parsley and several tablespoons of fresh onion juice. Season lightly with salt and pepper. Serve with chicken, veal or cold cuts.

Sliced Tomatoes with Herbs

skinned sliced tomatoes
French dressing
2 tablespoons chopped
tarragon

1 tablespoon chopped chervil3 young green onions, minced

Blanch the tomatoes in boiling water, dash into cold water and skin. Chill the tomatoes. Make a tart French dressing and add the herbs and onions. Add this dressing to the sliced tomatoes.

Potato Salad No. 1

boiled skinned potatoes
oil, vinegar, soup stock (½
cup)
onion juice

chopped parsley crisp bacon crumbs minced hard boiled eggs

Slice the potatoes and while they are still hot pour oil, vinegar and stock over them. Add the onion juice and parsley, enough to mix and if the stock doesn't season them enough add a little salt and pepper. Let them cool at room temperature but put them in the refrigerator a half hour before serving. Garnish the top with the bacon and sieved egg.

Potato Salad No. 2

3 pounds old large potatoes 1 bud of garlic, crushed 1/2 cup wine vinegar salt and pepper 1/2 cup grated onion
1 cup boiled mayonnaise
garnish: 2 or 3 hard boiled
eggs, sliced
chopped parsley

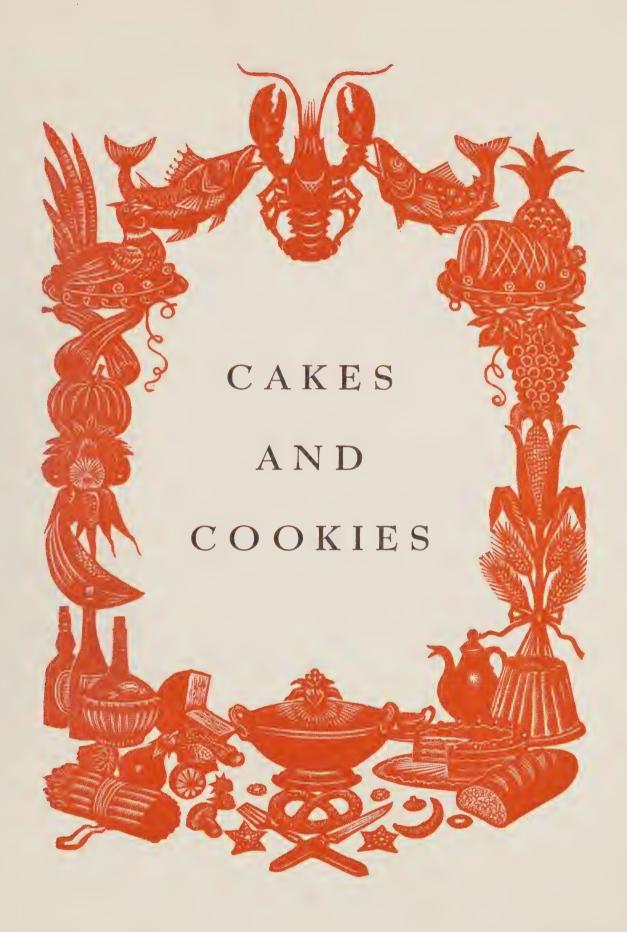
Boil the potatoes and peel them while they are still warm. Slice them and mix with the garlic, vinegar, salt, pepper and onion. Let them stand from 12 to 24 hours in the refrigerator. Just before serving add the mayonnaise and garnish the top with the eggs and parsley.

String Bean Salad

beans cut in julienne strips tart French dressing chopped parsley chopped green onions

Cut the beans in the thinnest slivers and boil them. Drain and while they are hot add the dressing and lightly cover with chopped parsley and onions. Chill before serving.







CAKES AND COOKIES



Brazil Nut Cake

2 cups ground nuts 6 eggs, beaten separately 1/8 teaspoon salt
1 cup sugar

Grind 1½ cups shelled Brazil nuts (about half pound) which makes 2 cups of ground nuts and mix with the sugar and salt. Beat the egg yolks until thick and lemon color then mix with the nut and sugar mixture. Beat the whites until thick and fold in. Bake in three 8-inch greased layer cake pans at 325 degrees for 20 minutes, then raise the temperature to 375 degrees for 10 minutes then lower heat to 300 degrees until cake leaves sides of pans. Be careful not to bake them too long. Cover with the following frosting.

Frosting

2 egg whites, unbeaten 11/2 cups sugar

few grains salt 5 tablespoons water 3/4 cup sliced nuts

Put the egg whites, sugar, salt and water in the top of the double boiler and beat with a rotary beater until well mixed. Put over boiling water and beat continuously about 7 minutes until thick and the mixture stands in peaks. Remove from fire and beat until thick enough to spread on the cool cake and sprinkle the top with nuts.

Candy Bread

(GINGERBREAD)

1 cup molasses 1/2 cup sugar

2 eggs, beaten 1 teaspoon each, ginger,

cinnamon and nutmeg

1 cup sour cream

1 teaspoon soda

2 tablespoons melted butter

21/2 cups flour

Mix all the liquid ingredients together. Sift the dry ingredients together and mix with the liquids. Pour into a greased, floured oblong baking pan and bake at 325 to 350 degrees about 25 to 30 minutes or when tested with a straw it comes out clean. (M. C.)

My Favorite Cake

1 cup butter

2 cups sugar

5 eggs, beaten

1 cup milk

3 cups flour

1 teaspoon baking powder

1 teaspoon vanilla

spice layer:

1 cup seedless raisins

1 teaspoon cloves

1 teaspoon cinnamon

1 teaspoon allspice

filling:

2 lemons, rind and juice

1 coconut, grated

2 cups sugar

1 cup boiling water

1 tablespoon cornstarch

Cream the butter and add the sugar and mix until light and fluffy. Add the beaten eggs. Sift the flour and baking powder and add alternately with the milk. Add the vanilla and divide into three layers. Put 2 tablespoons of flour in a bag and shake the raisins in the bag and add them and the spices to one of the layers which will be the middle layer when put together with the filling. Bake in three 8-inch greased floured cake pans about 25 minutes at 300 to 325 degrees. For the filling mix the cornstarch in the lemon juice until dissolved. Grate the rind and mix all the ingredients together and cook over boiling water until thick. Cool and fill the layers of the cooled cake. White icing is used on top and sides of cake. (M. C.)

Chocolate Nougat Cake

(WITH CREAM FROSTING)

4 tablespoons butter
1½ cups powdered sugar
1 egg, unbeaten

1 cup milk 2 cups flour 3 teaspoons baking powder5 tablespoons powdered sugar2 squares chocolate, melted

1/2 teaspoon vanilla

3/4 cup almonds, blanched and shredded

Cream the butter and gradually add the powdered sugar until it is light and fluffy. Add the egg and beat well then $\frac{2}{3}$ cup of the milk alternately with the flour sifted with the baking powder. Melt the chocolate over hot water and mix with the 5 tablespoons of sugar. Add the rest of the milk and cook until smooth. Cool a little and add it to the cake mixture. Bake in two greased floured 8-inch layer cake pans about 20 minutes at 325 to 350 degrees. Cake is done when it leaves the sides of the pan or springs back at the light touch of the finger. Cover with cream frosting and sprinkle with almonds.

(M. C.)

Moravian Sugar Cake

1 cup mashed potatoes 1/4 cup milk

2 eggs, beaten ½ teaspoon cinnamon

1 yeast cake 1/2 cup butter 1/2 cup lukewarm water 3/4 cup sugar

Add the eggs to the potato and the yeast which has been dissolved in the lukewarm water and the milk. Roll out ¼ inch thick and let rise. Cream the butter and sugar, add the cinnamon and spread on the risen dough. Bake until light brown. Remove from oven and moisten the top with cream.

(M. C.)

White Fruit Cake

1½ cups butter

21/2 cups sugar

ı cup milk

4 cups flour

2 teaspoons baking powder

2 pounds blanched almonds

1 coconut, grated

1 pound citron, slivered

10 egg whites, beaten stiff

Cream the butter and mix with the sugar until creamy and smooth. Add the milk alternately with the sifted dry ingredients which have had the fruit and nuts tossed with them. Sliver the nuts. Bake in a tube pan 3½ hours at 250 to 275 degrees.

(M. C.)

Strawberry Ring Cake

 $1\frac{2}{3}$ cups flour

ı cup sugar

3 teaspoons baking powder few grains salt

2/3 cup milk

1/4 cup shortening

1 teaspoon vanilla

2 eggs

1 pint strawberries

Mix and sift the dry ingredients, melt the shortening in the scalded milk and combine. Beat and add vanilla. Beat 1 whole egg and the yolk of the other and add to batter. Bake in a round greased, floured ring mold 45 minutes at 325 to 350 degrees. Frost when cool with white boiled icing made with the remaining egg white. Fill the center with sugared strawberries.

Date Cake

1 package pitted dates, sliced

1 pound shelled pecans, sliced

1/2 pound shelled blanched Brazil nuts, sliced

1 pound candied cherries,

sliced

1 cup flour

1 teaspoon baking powder

ı cup sugar

4 eggs, beaten

1 wine glass brandy or

orange juice and vanilla

Sift the dry ingredients and toss with the fruit and nuts. Add the rest of the ingredients and beat well. Bake in a greased, floured loaf pan 21/2 to 3 hours at 210 degrees.

Meringued Rum Cake

(FROM J. P.)

cake:

two layers, split custard filling:

2 cups milk

11/2 tablespoons cornstarch

3 tablespoons sugar

6 egg yolks, beaten

1 tablespoon vanilla

6 egg whites, beaten

rum

glacé fruit

cognac

meringue:

6 egg whites, beaten

6 tablespoons sugar

2 teaspoons vanilla

When the cake is baked and cooled cut each layer in two through to make 4 layers of the original size. Sprinkle each with rum and spread thinly with chopped glacé fruit which has been soaked in cognac then spread with a thick layer of the chilled custard. Put together and cover with the meringue made by beating the whites until stiff, adding the sugar and vanilla and completely covering top and sides of the cake. Bake in a 375-degree oven until a delicate brown. Watch that it does not burn. To make the custard filling mix the cornstarch with the cold milk and cook it with the sugar until it thickens in the top of the double boiler. Then add the thickly beaten yolks and cook a minute or so and remove to a big bowl. Add the vanilla and stiffly beaten whites and chill in the refrigerator.

Indians

1/2 cup butter

ı cup sugar

1/2 cup flour

2 squares chocolate

2 eggs, beaten

1 cup nuts, chopped

1 teaspoon vanilla

Cream the butter and add the sugar and mix until light and fluffy. Add the flour and the chocolate which has been melted over hot water. Mix well then add the beaten eggs, nuts and vanilla. Bake in a greased, floured 9-inch pan at 350 to 325 degrees about 25 minutes. Let cool and cut in squares before removing from the pan.

(M. C.)

Christmas Cookies

1½ cups butter and shortening mixed

.

2 tablespoons cinnamon2 tablespoons clove

13/4 cups light brown sugar

ı wine glass brandy

3 cups flour

5 teaspoons soda

4 cups molasses

Cream the butter and shortening and mix with the sugar until light and smooth, then add the flour and molasses and the other ingredients. Mix the soda with 2 or 3 tablespoons milk and add last. When the dough is very smooth nip off a handful at a time and roll out very thin. Cut with a cookie cutter and bake at 325 degrees until a light brown, about 10 to 12 minutes.

(M. C.)

Tea Cakes

2 cups brown sugar

11/2 teaspoons soda

 $\frac{7}{8}$ cup butter

2 tablespoons buttermilk

2 eggs, beaten

flour

Cream the butter and sugar until light and smooth, then add the beaten eggs and the soda dissolved in the buttermilk. Add enough sifted flour to make a soft dough, about 3 cups or so. Roll out and cut in shapes and bake about 10 minutes at 325 degrees.

(M. C.)

Benne Seed Cookies

(SESAME SEED)

3/4 cup butter

1/2 teaspoon baking powder

2 cups brown sugar

1 teaspoon vanilla

2 eggs, beaten

1 cup flour

3/4 cup benne seeds, browned

Cream the butter and add the sugar, mixing until light and fluffy. Add the beaten eggs and the mixed and sifted dry ingredients. Put the seeds in a heavy skillet and let them become a light brown in a moderate oven and watch them so they do not brown or burn. Add them to the batter with the vanilla. Drop by teaspoonfuls 2 inches apart on a greased cookie sheet and bake 8 to 10 minutes at 325 degrees. After they have cooled a little remove with a spatula.

Chocolate Fingers

1/2 cake Baker's chocolate
1 can condensed'milk
(sweetened)
1 teaspoon vanilla

2 cups powdered vanilla
wafers
few grains salt
1 cup nuts, chopped
powdered sugar

Melt the chocolate in the top of the double boiler and let it become stiff then add the sweetened condensed milk and cook until it is very thick. Add the powdered wafers, the vanilla, salt and nuts. Stir so it is well mixed then press flat into a buttered pan 3/4 inch thick. Leave overnight or all day. Cut in finger-size strips and roll in powdered sugar.

(Katy Norflect)

Pecan Slices

1 cup flour
1/2 cup butter
2 eggs, beaten
11/2 cups brown sugar
1/2 cup grated coconut
1 cup pecans, chopped

2 tablespoons flour

1/2 teaspoon baking powder

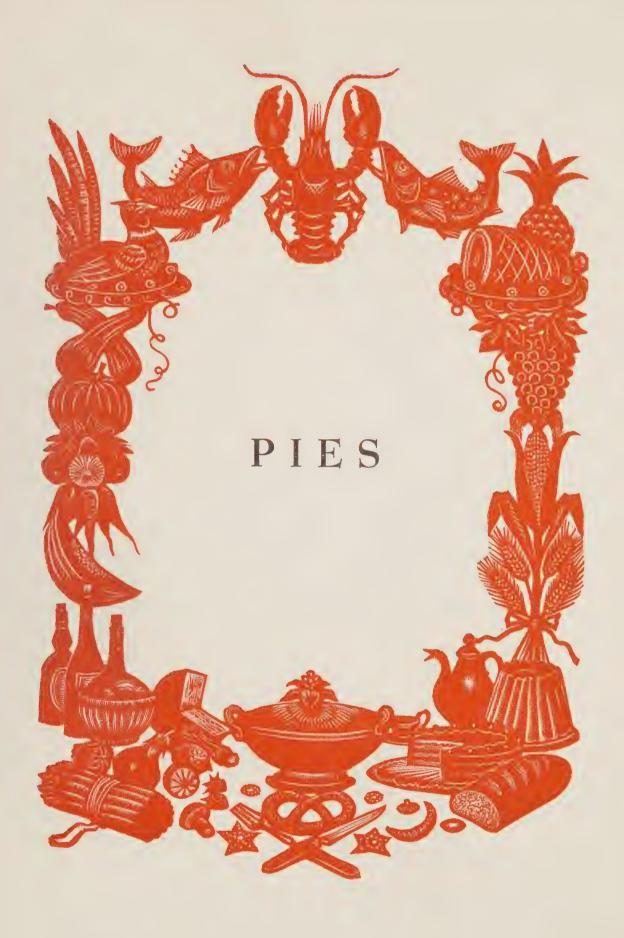
1/8 teaspoon salt

1 teaspoon vanilla

1 1/2 cups confectioners' sugar
lemon juice

Cut the butter into the flour with a pastry cutter and blend to a smooth paste and spread it in a 9 x 12-inch pan. Bake it at 350 degrees for 12 minutes. Remove it from the oven and spread with the following mixture. Mix the beaten eggs and brown sugar together and add the coconut, nuts, flour, baking powder, salt (sifted together), and vanilla. Spread this on the crust and bake at 350 degrees for 25 minutes. Remove from the oven and when it is cool spread with the confectioners' sugar mixed to a spreading consistency with lemon juice. (From "Joy of Cooking")







PIES



Butterscotch Pie

2 cups brown sugar 2 tablespoons flour 1/4 cup butter 21/2 cups boiling water yolks 2 eggs, beaten 1 teaspoon vanilla

prebaked pie crust meringue:

2 egg whites, beaten 4 tablespoons sugar 1 teaspoon vanilla

Mix the brown sugar with the flour and add the butter. Pour over this mixture the boiling water and stir until it is well blended. Add the egg yolks and cook mixture until thick stirring continuously. Let cool. Add the vanilla and pour into the baked crust. Make a meringue by beating the egg whites until stiff, then adding the sugar and vanilla and beating again. Cover with meringue and put in a 375-degree oven to brown.

(M. C.)

Apple Dumplings

6 cups apples, chopped or sliced sugar, cinnamon and clove bits of butter pie pastry hard sauce:

1 cup brown sugar

1/3 cup sweet butter

1/8 teaspoon nutmeg
heavy cream
brandy (optional)

Mix sugar, cinnamon and clove with the apples. Roll good pastry into squares, put apples in the center and add several bits of butter to the apples. Bring the four corners of the pastry to the top and press them together. Lay them in a pan with a little sugar, butter and water and

bake at 375 degrees for 20 minutes, turn down to 325 and bake 10 minutes more. Pour the syrup over the dumplings and serve with the hard sauce. To make the hard sauce, cream the butter with the sugar, add the nutmeg and a little brandy if desired and then the heavy cream to make a rather firm but soft consistency.

(M. C.)

Banana Pie

rich pie pastry, prebaked
2 or 3 sliced bananas
1 cup milk
1 cup sugar
meringue:
2 tablespoons flour
2 egg whites, beaten
4 tablespoons sugar
1 teaspoon vanilla

Bake the pastry and when it and the custard are cool, line the pie shell with the bananas over which have been squeezed a little lemon juice, about 2 tablespoonfuls. For custard scald the milk. Beat the sugar, flour and egg yolks together and add the milk slowly to this mixture. Cook in the top of the double boiler until it thickens and then let cool. Add vanilla and pour it over the bananas and cover with the meringue. Beat the egg whites until stiff, add the sugar and vanilla and beat again. Cover the custard and set in a 375-degree oven to lightly brown.

(M. C.)

Cranberry Marmalade Pie

2 cups orange marmalade	2 tablespoons cold water
4 cups fresh cranberries	1 9-inch prebaked pie shell
1 tablespoon butter	baked fancy cut-outs for top
2 tablespoons cornstarch	orange segments

Melt the marmalade, add the cranberries and cook gently until the cranberries pop open, about 5 minutes. Stir in butter. Blend cornstarch with the cold water until smooth and add it. Cook, stirring continuously until the filling is thick and clear. Cool and then pour it into the baked shell. Decorate the top with fresh orange segments alternating with baked pastry fancy cut-outs, made with cookie cutters, hearts, diamonds, clubs and spades.

Citron Tarts

1/2 pound butter (1 cup)

6 egg yolks, beaten rich pastry lined tart tins

12/3 cups brown sugar

1 teaspoon grated orange peel

Cream the butter and blend in the sugar and mix until smooth then add the peel and beaten egg yolks. Line the tart tins and add a spoonful of the mixture and bake at 375 degrees for 15 minutes and watch that they are done but do not bake too long. The filling must just set. They may take a little longer to finish baking the crust.

[These citron tarts were served to President Truman]

Pecan Pie

1 cup Karo syrup

1 cup pecan pieces

1 cup sugar

3 eggs, beaten

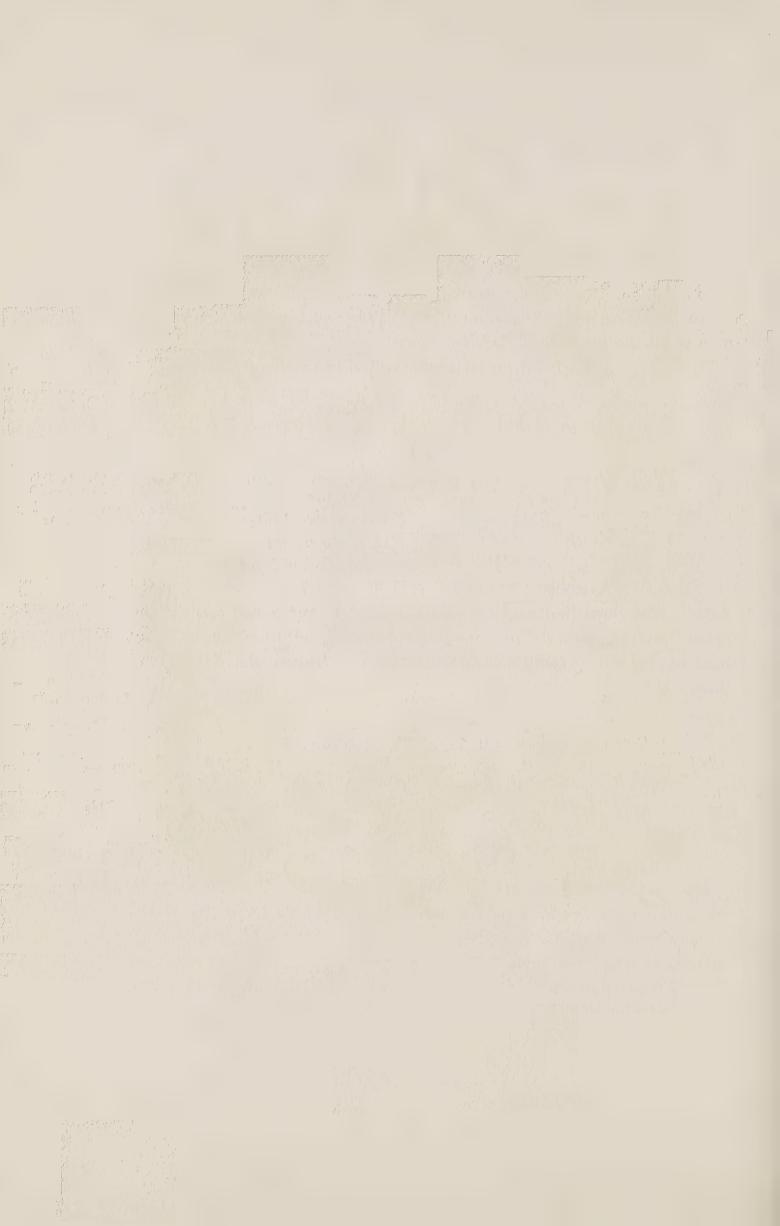
1 teaspoon vanilla

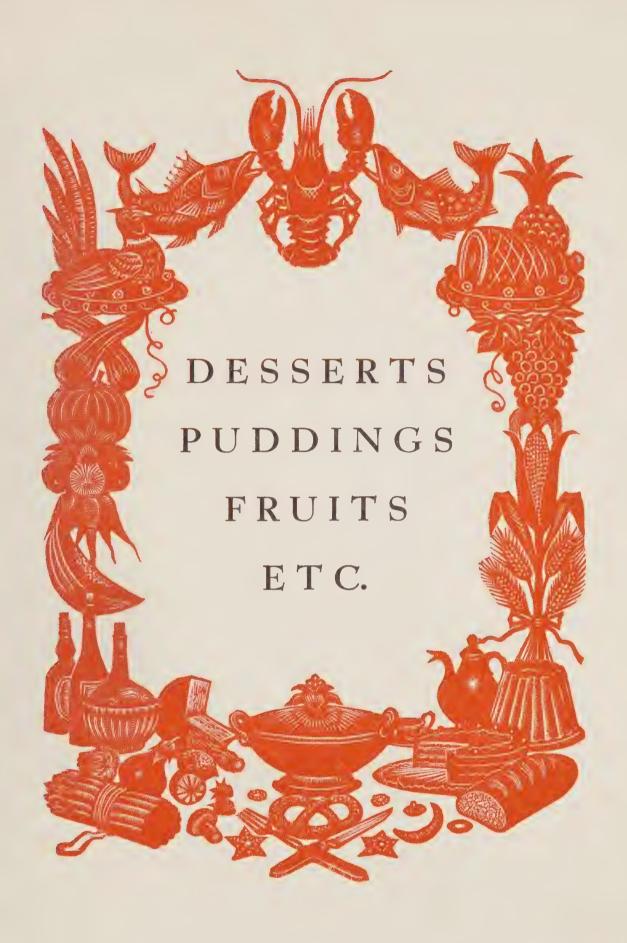
1/8 teaspoon salt

1 unbaked pie shell

Add all the ingredients to the well beaten eggs and pour into a rich pastry lined pie pan. Bake at 350 degrees 40 or 50 minutes. Pecans will float to the top forming a firm crust that will brown nicely if baked slowly.

(Esther Laidlaw)





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DESSERTS · PUDDINGS FRUITS · ETC.



Tipsy Pudding

sliced sponge cake sherry whipped cream chopped almonds

custard:

ı cup milk

1 cup light cream

1/3 cup light brown sugar

1 tablespoon flour

3 egg yolks, beaten

1 teaspoon each vanilla and almond extract

1 tablespoon brandy

Line a fancy serving bowl with strips of sponge cake dipped lightly in sherry. Cover with the cooled custard. Whip 1/2 to 3/4 cup of heavy cream and flavor with 2 tablespoons sherry and a tablespoon of sugar. Cover the custard with the cream and sprinkle 1/3 cup of chopped almonds over the cream. To make the custard scald the milk and cream and pour it slowly over the yolks beaten thick with the brown sugar and flour. Return the mixture to the double boiler and cook it a few minutes over boiling water stirring continuously. Milk and cream must always be scalded before it is mixed with egg yolks to prevent curdling. If it cooks too long and does separate a little it may be beaten smooth with a rotary beater. When it thickens it must be removed immediately from the fire and let cool. When cold add the flavorings. The finished pudding may stand an hour in the refrigerator before serving. This will serve 6 or 8 and may be increased to serve 10 or 12 by using a large bowl with enough sponge cake to line it and the custard increased to 3 or 4 cups of liquid and the other ingredients in proportion. (M. C.)

Buttermilk Custard

1 tablespoon butter
2 egg whites, beaten
2 tablespoons flour
1 cup buttermilk
1 cup sugar
2 egg yolks, beaten
1 teaspoon vanilla

Cream the butter and flour and combine all the other ingredients and bake. When a knife comes out clean it is done. This custard may also be used as a pie filling. When the custard is cooked it may be poured into a slightly cooled prebaked pie shell. Let cool. (M. C.)

Sweet Potato Pudding

3/4 pound raw sweet potatoes,
grated
1 cup sugar
2 eggs, beaten
1/2 tablespoons butter
2 cups milk
3/4 pound raw sweet potatoes,
1 cup sugar
1/2 teaspoon each cinnamon,
clove and nutmeg

Mix all the ingredients and pour into a greased baking dish and bake at 325 degrees about 35 or 40 minutes. May be eaten either cold or hot.

(M. C.)

Baked Bananas

bananas
bread crumbs
2 tablespoons sugar
(each layer)

2 tablespoons lemon juice (each layer) whipped cream

Cut bananas into ½-inch slices and cover the bottom of a greased baking dish. Sprinkle with bread crumbs, sugar and lemon juice. Repeat this until the dish is full and you have the desired quantity for serving. Top with crumbs and bake at 375 degrees for 30 minutes, turning the oven down to 325 if the bananas are baking too fast, the last 10 minutes. Serve hot with whipped cream which may or may not be flavored with a little sugar or rum or sherry.

(M. C.)

Baked Bananas, Blazed

bananas, skinned, whole or cut in half lengthwise

butter brandy or rum

brown sugar

Place the bananas, one to a person, in a greased shallow baking dish and sprinkle with brown sugar and bits of butter. Bake at 375 degrees for about 15 minutes or until they plump up. Bring to the table add ½ to ½ cup of brandy or rum and blaze. Serve with the syrup in the dish and whipped cream or sour cream passed in a bowl.

Rum Sauce for Ice Cream

zest of lemon

Myers Jamaica Rum

vanilla ice cream

Grate the yellow of the lemon rind without any of the bitter white. Soak the zests or gratings in ½ cup of rum for half an hour. Pour a little, just enough for flavoring, over each portion of vanilla ice cream.

Rum Sauce and Fresh Fruits

zest of lemon

rum

honey

lemon juice

sour cream

choice of fruits:

sliced mangoes

grapefruit, oranges

bananas

peaches

•

berries

pears, dates

soaked prunes stuffed

with cream cheese

Soak the zest of lemon in $\frac{1}{2}$ cup of rum for half an hour as in the above recipe and then mix with $\frac{1}{3}$ (or more) cup of honey, 2 or 3 tablespoons lemon juice. Pour this over a large bowl of fruit, any one or a combination of fruits. Chill an hour. Serve with a bowl of sour cream.

Rum Hard Sauce

lemon zest rum hard sauce:

1/2 cup sweet butter
1 cup powdered sugar
nutmeg
cream

Cream the butter and blend in the sugar until smooth and fluffy. Chill and when ready to serve blend in a little heavy cream and 1/4 cup of rum which has soaked an hour with 1 tablespoon of lemon zest. This is a fine sauce for hot puddings including rice pudding.

Buttermilk Ice Cream

1/2 cup hot water
3/4 cup sugar
rind 1/2 orange, grated
1/2 teaspoon lemon rind,
grated

1/2 cup pineapple juice pinch salt 21/2 cups buttermilk

Boil the water and sugar for 5 minutes and let cool. Add to the syrup the other ingredients (except the buttermilk) and freeze in a hand freezer to a mush, using 3 parts ice and 1 part rock salt. Remove lid of freezer and add the buttermilk, stirring well from the bottom and blending thoroughly. Freeze until hard.

Glazed Apples on a Stick

2 cups sugar 3/4 cup corn syrup 1/4 cup butter

6 red apples 6 sticks

3 drops oil cinnamon

Wash the apples and dry them and stick them with a stick. Cook the sugar, syrup and butter until it spins a thread or to 300 degrees. Add the oil of cinnamon. Dip the apples in the syrup and twirl in the air until cool. This recipe is for the children.

Pineapples with Rum

2 fine ripe pineapples 1 cup brown sugar 3/4 cup Jamaica rum

variation:

pineapple pulp with 2 cups

strawberries

Moselle or Kirsch

Remove the tops of the pineapples just below the stem and reserve. Remove all the pulp with a ball scoop leaving the shells intact. Discard the center hard part. Add the brown sugar and rum to the pulp. If desired instead of the rum, strawberries may be added to the pulp and Moselle or Kirsch added. Fill the shells, cover and let chill for from 6 to 24 hours. Just before serving trickle a little more liquor into the pineapples. Cover with the stem tops and serve. If strawberries and wine are used, chill three hours.

Walnut Scrapple

ı cup corn meal

1 cup walnuts

1/2 cup hominy grits 11/2 teaspoons salt

honey or syrup or brandy

6 cups water

cream sauce

Mix the corn meal and grits with 2 cups of cold water and the salt. Boil the other 4 cups of water and add them. Mixing with cold water prevents lumping. Stir over the fire until it thickens then place over boiling water, cover and cook an hour. Add the nuts which have been sliced or halved and pour into a greased loaf pan. Let set until firm. Slice and fry in butter to a golden brown. Serve with honey, syrup or cream flavored with brandy. Individual greased molds may be used and the mush left unfried. The brandy cream sauce to serve with them may be made of whipped cream, ground nuts added and brandy to flavor.

Strawberries in Claret

fine hulled strawberries

honey

claret

For a quart of berries use ½ cup of orange blossom honey and 1 cup of fine claret. Let the berries marinate in this for an hour, chilling but 20 minutes of this time before serving. To serve hot, marinate the berries in the honey for an hour at room temperature. Just before serving let the wine come to a boil and pour it over the berries. Serve immediately.

Plums in Claret

claret or good red wine 1/2 teaspoon cinnamon dark red plums

Clean and dry the plums and cook very slowly in the wine and cinnamon. They may need a little light brown sugar or honey if they are sour. They must be removed from the fire when they can be pierced with a straw and before they break and become mushy. Cool in the liquid. This is a fine compote; or one plum may top a parfait glass of ice cream with some of the syrup poured over.

Honeydew with Sauterne

ripe honeydew melon

sauterne

honey

Remove the top of a melon and remove the seeds. If the sauterne is not very sweet a little honey may be dribbled into the melon. Add 6 ounces of the wine. Replace the top and chill for several hours. Serve at the table, scooping out the pulp with a large spoon.

Pears in Claret or Burgundy

6 peeled pears whole cloves

3 sticks cinnamon

few gratings nutmeg

2 cups wine

1 cup sugar or 2/3 to 3/4 cup

Stick the whole peeled pears with 3 or 4 whole cloves. Mix all the ingredients in a sauce pan large enough so the pears will lie on the bottom. Poach them slowly turning them so they cook evenly. When they may be pierced with a straw, remove from fire and let them cool in the liquid. Chill 20 minutes before serving.

Fruits in Champagne

watermelon balls honeydew balls cantaloupe balls honey

4 or 5 sliced peaches

1 quart pitted cherries

1 bottle American champagne

To use a bottle of champagne a quantity of fruit will be needed for a party of 12. Prepare a quart or more of melon balls, any of those specified or all of them. Dribble honey over the fruit and chill it. Put it in a fancy serving bowl and just before serving add the chilled champagne.

Black Cherries and Rum

2 pounds black cherries, pitted honey

1/4 cup Jamaica rum

Pit the cherries and dribble a little honey over them and chill them. When serving, add the rum to the top at table, and blaze.

Peaches with Guava Sauce

3 cans peaches in syrup 1 cup guava jelly 1/4 cup sherry (imported)

juice 2 limes grated coconut

Put the peaches in a fancy serving bowl. A good brand of peaches must be used, or poached fresh peach halves in simple syrup. Put the wine jelly and lime juice in the top of the double boiler and heat over hot water just until the jelly is melted. Pour the sauce over the peaches and serve at once. For an extra touch scatter coconut over the top, fresh coconut or Baker's, Southern style.

Mousse au Chocolat

1/2 pound dark sweet chocolate 5 egg yolks, beaten

5 tablespoons strong coffee

5 egg whites, beaten

2 tablespoons whiskey

Grate the chocolate into the top of the double boiler, add the coffee and cook until the chocolate is melted then add the whiskey and the beaten yolks of eggs. Fold in the stiffly beaten whites and pour into pots to chill at least two hours or it may be piled into a fancy serving bowl.

Frozen Apricot Whip

1 cup sieved apricot pulp

2 cups powdered sugar

1 teaspoon almond extract

2 cups cream, whipped

Mash enough dried, cooked apricots through a sieve to make a full cup. Mix with the sugar and extract and let them stand 15 minutes. Add the whipped cream and freeze 5 hours in the refrigerator tray, stirring several times during the freezing.

Brown Betty

chopped tart apples bread crumbs lemon juice

brown sugar cinnamon bits of butter

Put a layer of chopped apples in a greased baking dish and cover with all the ingredients, a few drops of lemon juice, light sprinkling of crumbs and sugar, cinnamon and bits of butter. Repeat this until the dish is full. Bake 45 minutes at 325 to 375 degrees, covered until the last 10 minutes. Serve hot with cream or hard sauce made of brown sugar.

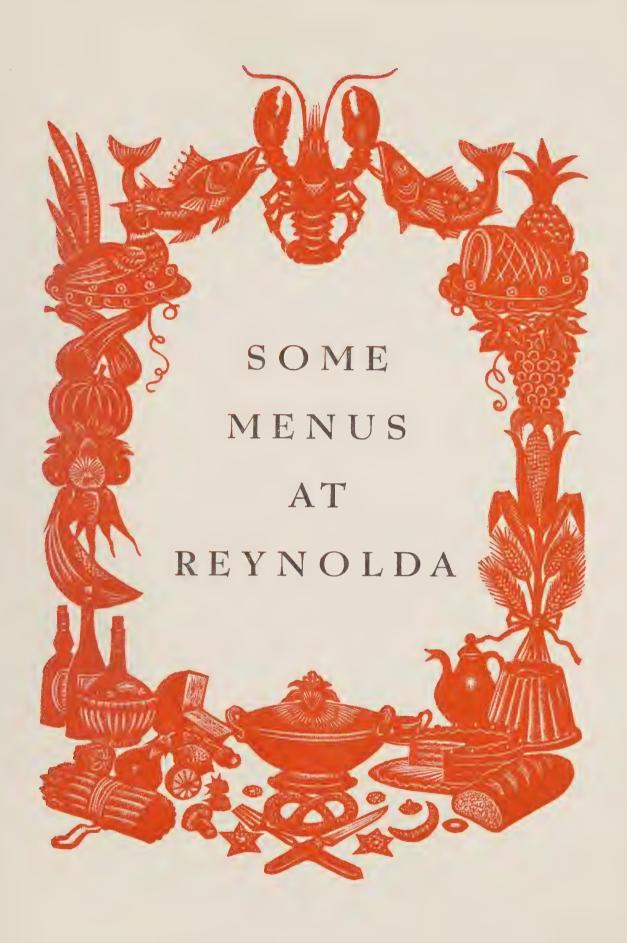
Champagne Cup

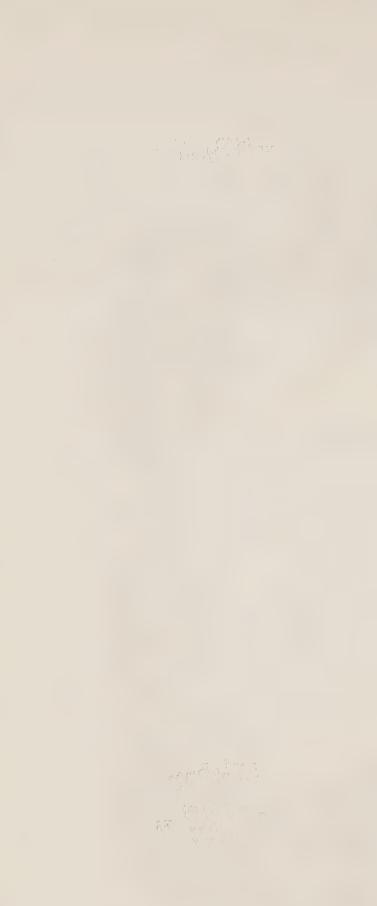
2-quart glass pitcher cracked ice pineapple and orange slices lemon peel Maraschino liqueur Chartreuse brandy bottle of Champagne

Place a 1-inch layer of cracked ice in the pitcher, garnish with a layer of the sliced fruit and curls of lemon peel then add 1½ ounces each of the liqueurs and brandy. Repeat this until the pitcher is half full. Put in a long spoon and bring to the table. Open the bottle of Champagne and fill the pitcher. Serve each guest from the pitcher and then keep adding the Champagne to the pitcher until the Champagne is used.

John Carter's Fruit Punch

grapefruit juice fresh orange juice fresh lemon juice pineapple juice sliced pineapple Maraschino cherries White Rock sweeten to taste pinch of salt





SOME MENUS AT

REYNOLDA



COMPANY DINNER

Sherry

Consommé

Toast Strips

Leg of Lamb

Pears

Château Latour, Château Lafite, Château Haut Brion or Rhine Wine

Riced Potatoes

String Beans

Asparagus, Hollandaise

(separate course)

Lime Sherbet

Cookies

COMPANY DINNER

Sherry

Green Turtle Soup or Madrilène

Toast Strips

Roast Beef

Cream Horseradish Sauce

Chambertin or Clos de Vougeot

Baked Spaghetti with Cheese

String Beans

Lettuce and Carrot Strips

(Lemon Juice French Dressing)

Ice or Ice Cream

Cookies

[105]

COMPANY DINNER

Sherry

Turtle Soup

Toast Strips

Steak

Fried Onions

Chambertin or Clos de Vougeot

Corn

String Beans

Watercress, Lettuce and Endive Salad (Lemon Juice French Dressing) Vanilla Ice Cream, Cherries Jubilee

DINNER

Soup or Cranberry Juice Steak

Corn or Beets

String Beans

Biscuits

Slice Pound Cake, Hot Fudge Sauce

COMPANY DINNER

Bouillon, whipped cream
or Shrimps Armand (no wine)
Roast Stuffed Turkey
Châteauneuf du Pape or Rhine Wine
Braised Celery with Marrow Lima Beans
(slice put on each stalk)
Watercress, Chives, Chicory Salad
(Lemon Juice French Dressing)
Plum Pudding, Blazed with Brandy or
Rum Cake

LUNCHEON

Fried Chip Beef

Cream Sauce

(served separately)

Baked Potatoes

Spinach

Half Melon, Orange or Grapefruit

LUNCHEON

Broiled or Creamed Sweetbreads and Mushrooms on Toast
Carrots Hominy
Baked Bananas with Caramel Sauce

DINNER

Soup with Cheese Straws
Roast Chicken
Corn Muffins
Lima Beans Stuffed Tomatoes
Chocolate Soufflé

LUNCHEON

DINNER

Soup

Toasted Triscuit

Crown Roast Lamb

Mashed or Riced Potato Stuffing

(sprinkle top with paprika)

Beets

Biscuits

Chocolate Pudding

LUNCHEON

Cheese Soufflé

Toasted Biscuits

Green Peppers

String Beans

(stuffed with rice

and ground meat)

Waldorf Salad served in Apple Dishes

DINNER

Soup

Ritz Crackers

Barbecue Chicken

Rolls

Lima Beans

Carrots

Lemon Meringue Pie

LUNCHEON

Croquettes, Cream Sauce

Raisin Bread

Asparagus, Grated Cheese

Squash

Salad or

Warmed Marshmallows with Chocolate Sauce

DINNER

Soup

Educator Crackers

Boiled Fresh or Smoked Tongue

Noodles

Peas with Onions

Toasted Rolls

Half Grapefruit

[108]

LUNCHEON

Lamb Chops

Lyonnaise Potatoes

String Beans

White or Brown Bread

Tomato and Lettuce Salad Tossed at Table

(A1 Sauce, Olive Oil, Vinegar)

DINNER

Soup

Saltines

Pot Roast with Onions, Carrots and Potatoes

Corn Pone

Chocolate Eclair

LUNCHEON

Cranberry or Tomato Juice
Ham or Chicken and Broccoli Sandwich
(long slice toast topped with meat with
broccoli layed on with Hollandaise or
Mornay Sauce)
Quartered Head of Lettuce with
Roquefort Cheese Dressing

DINNER

Soup

Educator Crackers

Veal Birds

Spinach

Stuffed Baked Potatoes or Marshmallow Sweet Potatoes or Corn

Fruit Cup

LUNCHEON

Hash or Hamburgers with Roll

Rice

Beets

Pear with Marshmallow

[109]

DINNER

Soup

Triscuit

Roast Beef

Sauté Potatoes

String Beans

Rolls

Ice Cream

LUNCHEON

Cold Roast Beef or Hot Roast Beef Sandwich with Gravy
Cole Slaw Asparagus

Stewed Fruit

DINNER

Soup Ritz Crackers
Calf's Liver and Bacon
Lima Beans Squash
Corn Muffins
Citron Tarts

LUNCHEON

Vegetable Soup with Toasted Cheese and Bacon Sandwiches
Asparagus with Hollandaise Sauce
Stewed Peaches

DINNER

Soup

Saltines

Fried Chicken

Biscuits

String Beans

Carrots

Apple Pie

Slice of Cheese

[110]

LUNCHEON

Chicken Livers on Toast
(with tomato and bacon)
Broccoli with Hollandaise Sauce
Baked Sweet Potatoes or Yams
Compote of Black Cherries and Pears

DINNER

Soup Ritz Crackers
Lamb Chops Spinach
Boiled Onions or Corn Popovers
Shortcake

LUNCHEON

Tomato Juice
Creamed Asparagus on Toast
(topped with strips of bacon and sliced
hard boiled egg)
Pineapple Salad or Fruit Cup

DINNER

Soup Educator Crackers

Roast Duck à l'Orange

Peas Baked Cauliflower with Cheese

Biscuits or Rolls

Blanc Mange

LUNCHEON

Hot Dogs with Sauerkraut or Sliced Onions
Boiled Potato Spinach
Carrot, Lettuce and Celery Salad

[111]

DINNER

Soup

Saltines

Leg of Lamb

Carrots

Broccoli

Muffins

Blackberry Turnover or Shortcake

LUNCHEON

Beef Loaf with Tomato Sauce or Gravy
Fried Potatoes or Artichoke Hollandaise
String Beans Toasted Muffins
Baked Apples

DINNER

Soup Triscuits
Steak with Fried Onions
Baked Spaghetti Squash or Beets
Ice or Fruit Gelatine

LUNCHEON

Calf's Liver and Bacon Biscuits
Stuffed Tomatoes with Rice or Egg and Onion
Peas
Lettuce and Endive Salad

DINNER

Soup

Ritz Crackers

Veal Cutlet

Corn or Red or White Boiled Cabbage Spinach Vanilla Ice Cream or Blanc Mange with Cherries Jubilee

[112]

LUNCHEON

Beef Balls

Noodles with Grated Cheese

String Beans

Lettuce and Tomato Salad

DINNER

Soup

Educator Crackers

Chicken Pie

Lima Beans

Beets

Biscuits

Fruit Cup

LUNCHEON

Spareribs or Hamburgers
Sauerkraut or Red Cabbage
Asparagus
Sliced Lettuce with Raw Carrots

DINNER

Soup

Saltines

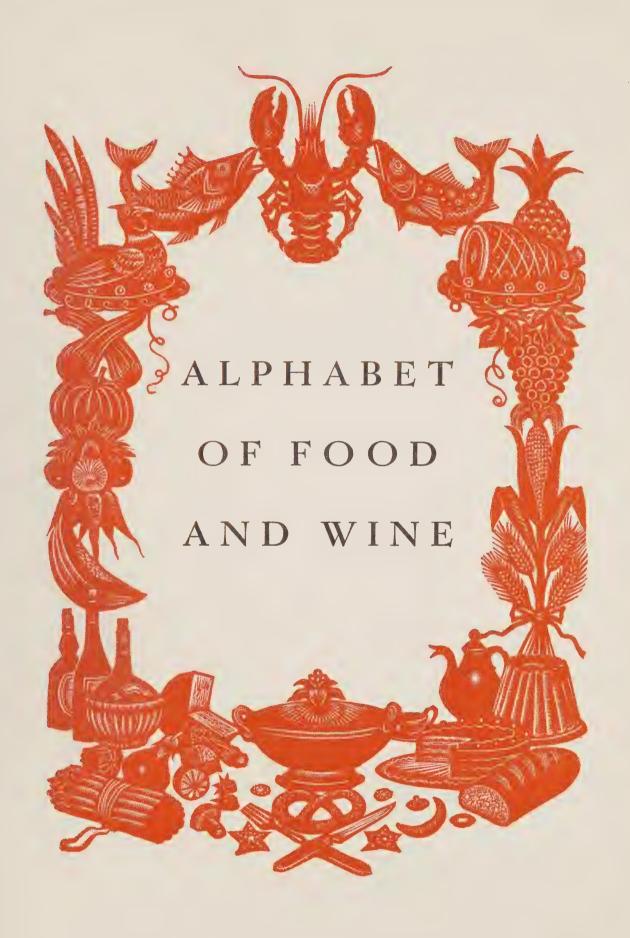
Broiled Sweetbreads and Mushrooms on Toast or Biscuits

Carrots

Beets

Cake with Chocolate Sauce and Whipped Cream







ALPHABET

O F

FOOD AND WINE



A

APPETIZERS

(Appetizers or canapés should be made without vinegar if two wines are to be served with dinner)

Champagne Dry Sherry Madeira Port

В

BEEF

Red Wines Richebourg, Chambertin

Clos Vougeot

BEEF (cold)

Claret

 \mathbf{C}

CHICKEN, FRIED

Graves or Sauterne

Barsac

CHICKEN, ROAST, ETC.

Claret, Hermitage, Châteauneuf-du-Pape

Barsac

Graves or Sauterne

CLAMS

Chablis

Pouilly (tart)

[117]

DUCK

Claret

Hermitage

Châteauneuf-du-Pape

DUCK, WILD

Romanée Conti

Musigny

Hospices de Beaune

 \mathbf{F}

FISH (with seasoned sauce)

Sauterne (dry)

Graves (dry)
Barsac (dry)

FISH, SHELL

Chablis

Meursault Montrachet

G

GALANTINE (no mustard)

Graves

GAME BIRDS

Claret

Hermitage

Châteauneuf-du-Pape

GAME, WILD

Volnay

Corton

Chambolle Musigny Vosne-Romanée Gevrey Chambertin Nuits St. Georges

GOOSE

Musigny

Romanée Conti

Hospices de Beaune

GROUSE

Claret

Hermitage

Châteauneuf-du-Pape

Н

HAM (cold)

Graves

[118]

L

LAMB

Château Lafite Château Latour Château Haut Brion Château Margaux Château Léoville Lascases Château Rauzan Ségla Château Cos D'Estournel Château Langoa Barton

 \mathbf{M}

MUTTON

Romanée Conti Musigny Hospices de Beaune

O

OYSTERS

Pouilly (dry) Chablis

P

PARTRIDGE

Claret

Hermitage

PHEASANT

Châteauneuf-du-Pape

Claret

PORK (cold)

R

RABBIT

Romanée Conti Musigny

Hospices de Beaune

S

SEA FOOD

Schloss Johannisberg 1934 Moselle (Piesporter or Neidenberg) Berncasteler Doktor

SNAILS

Volnay Corton

Chambolle Musigny

[119]

Nuits St. Georges Vosne-Romanée Gevrey Chambertin

SOUP

Sherry Madeira

STEAK

Chambertin Richebourg Clos de Vougeot

STEAK, CHOPPED (hamburger)

Passe-tous-Grains

Morgon

SWEETBREADS

Sauterne Graves Barsac

T

TONGUE (cold)

Graves

TURKEY

Claret

Hermitage

Châteauneuf-du-Pape

V

VEAL

Château Lafite Château Latour

Château Haut Brion Château Margaux

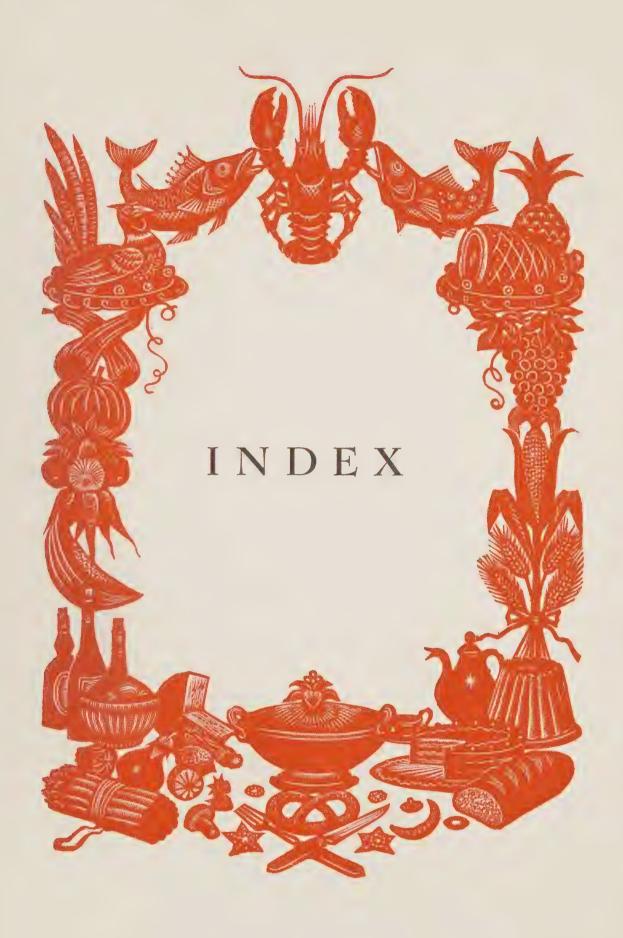
Château Léoville Lascases Château Rauzan Ségla

Cos D'Estournel

Château Langoa Barton

VENISON

Chambertin Richebourg Clos de Vougeot





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